



Morning Calm

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Korean Military Academy Visit



On Wednesday, Gen. Walter L. Sharp, Commander of the Combined Forces Command hosted the 66th graduating class of the Korean Military Academy for a visit to Yongsan Army Garrison. Here with Maj. Gen. Lawrence L. Wells they prepare for a commemorative photo on the stairs of the CFC Headquarters. During their visit, 208 cadets and six cadre members received briefings and interacted with our senior leadership – culminating in a family-style dinner hosted by USFK Servicemembers. The goal is to have the KMA cadets and cadre leave Yongsan with a better understanding of the CFC mission and the bright future of the ROK-US Alliance. – U.S. Army photo by Dave Palmer

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The Morning Calm

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FDA approves HPV vaccine for young men and boys

By Marianne Campano
65th Medical Brigade-FHP

When male Service members learn that the Gardasil vaccine prevents up to 90% of genital warts and 70% of cervical cancers in girls and women, they often ask if the vaccine is available to them. We can now report that this vaccine used to prevent sexually transmitted Human Pappilomavirus (HPV) is available to boys and young men.

In October 2009, the FDA approved Gardasil for boys and men. The Adult Immunization Schedule for 2010 reflects this addition and states that "HPV4 may be administered to males aged 9 through 26 years to reduce their likelihood of acquiring genital warts. HPV4 would be most effective when administered before exposure to HPV through sexual contact."

Merck, the maker of the vaccine, conducted a worldwide clinical trial in more than 5400 men and boys ages 16 to 26 with few or no lifetime sexual partners. Anna Giuliano, the trials' principal investigator, stated "The data clearly demonstrated that there was a benefit to men in receiving Gardasil."

The approval did not address claims that the vaccine may help prevent transmission to girls and women, and offer protection against HPV as-

sociated anal, oral and penile cancers. Giuliano did state "Overall we saw a 90 percent reduction in disease—genital warts and pre-cancerous lesions—caused by HPV in men. Essentially, we have a really fantastic opportunity to extend the benefit of the vaccine to men; if we can reduce infection and related disease in men, we have the potential to have a

much broader public health impact by reducing the overall burden of infection and disease in the community at large."

According to the Centers for Disease Control and Prevention (CDC), 50% of sexually active men and women will get an HPV infection at some point in their life. HPV is the most commonly transmitted sexually transmitted infection with more than 40 HPV types. Fortunately in 90% of cases, the body's immune system naturally clears HPV. In some cases the body does not fight off HPV and can cause genital warts and various cancers.

Gardasil is given as three injections over a six-month period. In the trials, there were no serious adverse events related to the vaccine, but some minor

side effects such as pain at the injection site and a low-grade fever. According to DoD policy, the vaccine already available to girls ages 9-26 is now available to boys and men ages 9-26. For Gardasil vaccination, visit your medical treatment facility or the 1RC.



65th MEDCOM

Review aims to rebalance forces

By Jim Garamone
American Forces Press Service

WASHINGTON — The Quadrennial Defense Review, released today, seeks to rebalance the military to better fight today's wars and to institutionalize department reforms, the undersecretary of defense for policy said.

The report to Congress provides a strategy-driven framework used for determining the department's priorities, Michele Flournoy said in a recent interview.

People and today's wars, she said, are the most important aspects of the report.

The report, Flournoy said, mirrors Defense Secretary Robert M. Gates' priorities. The first is to prevail in today's wars. The second is to prevent and deter conflicts. The third is to prepare the department for a wide range of contingencies and the fourth is to preserve and enhance the all-volunteer force.

For the first time the QDR "places the current conflicts at the top of our budgeting, policy and programming priorities, thus ensuring that those fighting America's wars and their families on the battlefields, in the hospital, or on the home front receive the support they need and deserve," Gates wrote as an introduction to the report.

The QDR, Flournoy said, reflects Gates' desire to re-balance the U.S. military to be more capable of handling today's wars Iraq, Afghanistan, al-Qaida and its allies.

Senior defense planners who've worked on the QDR wanted to ensure "there are very strong links between the strategy, the program and the budget," Flournoy pointed out.

The QDR, she said, "pays particular attention to the enablers that are so critical to giving the force the flexibility it needs to succeed, and that have been in critical short supply in places like Afghanistan."

These enablers include increased intelligence, surveillance and reconnaissance assets, more helicopters, counter-improvised explosive device capabilities and increased emphasis on special operations forces. "So you'll see a real investment in those areas in support of today's fight," Flournoy said.

The review also focuses on the welfare of the

department's people. "Every QDR talks about people being the No. 1 priority of the department," she said. "I think that's true, but this QDR, given the strain on the force and the strain on families, actually treats that as a strategic priority area for investment."

The QDR reflects continued attention on military compensation, health care and warrior care. "Probably the biggest additional investment is in areas of family support," Flournoy said. "This is a force that's been at war for eight years. We're seeing the need to give greater support to the families who make sacrifices alongside their loved ones."

Building alliances and partnerships is another essential theme of the review. "This administration and this secretary of defense believe it is going to be very rare indeed when the United States undertakes a military operation all on its own," Flournoy said.

The United States will maintain the capability to act alone to protect vital national interests, "but when you look time and time again, we are operating in concert with partners, with allies and others," she said. "It's in our interests to invest in helping them build their competence and capabilities and that serves our interests."

Flexible funding authorities, Flournoy said, are key to this endeavor. "We see a lot of other opportunity there," she said. "Yemen is a case in point. Yemen is facing a very serious al-Qaida threat and they want to do the right thing and deny a safe haven in their country. But they need some help in terms of training and equipment and so forth."

The State and Homeland Security departments also are doing QDR-like reviews which, Flournoy said, should be complementary and interconnected.

"One of the most interesting and valuable aspects of this whole review [process] is the degree that it is happening in a whole-of-government context and we're integrated with the other reviews that are going on in parallel," she said.

Past QDRs set out the military's force-sizing construct, and this report changes that, Flournoy said. Senior defense officials believe the future security environment is so complex, she said, that forces need the maximum versatility across the

maximum range of conflict.

"So rather than optimize the force for two canonical, conventional wars it used to be Iraq and North Korea what we did this time is look at a variety of combinations that might come simultaneously," she said. "First and foremost, what do we need to prevail in today's wars? Then, what do we need on top of that to do our foundational activities of deterrence, conflict prevention, et cetera, in key theaters."

The department looked at multiple combinations of possible scenarios and tested that force across the range.

"There is no simple bumper sticker, there is no simple formula, but what we have is a force that has been tested in a much more robust and rigorous manner," Flournoy said. "We have much more confidence that it has not only the capacity, but the flexibility and versatility to deal with lots of different combinations that may come our way."

Is the force large enough? Flournoy said that is a challenging question because of the strain on the force. She implied that the current size is enough, but that deployment time to dwell time has to come into balance.

The QDR may be the most important report DoD provides Congress, Flournoy said.

"It really requires the department to step back and think strategically about the present and the future," she said, "to set its priorities and objectives and then to connect those to the program and to the budget."

The review, which includes input from senior military and civilian defense leaders, provides the framework for what DoD will do for the next four years.

Gates understands his first concern is people "and making sure they have very clear guidance on what their mission is, that they have the equipment and the support they need to be successful in that mission, and that they can count on the department to actually support them as human beings and as family members," Flournoy said.

"It's not just words. It's a strongly felt commitment that governs how he approaches every day," she said.

MP Blotter

The following entries were excerpted from the military police blotters. These entries may be incomplete and do not imply guilt or innocence.

USAG-Red Cloud: Curfew Violation; Failure to Obey an Order or Regulation (Off-Limits Establishment); During the hours of curfew, Subject #1 was observed by Military Police in an Off-Limits Establishment off post. Subject #1 was apprehended and transported by Military Police to the PMO where Subject #1 was administered a Portable Breathalyzer Test, with a result of 0.113% Blood Alcohol Content. Due to Subject #1's level of intoxication, Subject #1 was processed and released to Subject #1's unit with instructions to report to the PMO at a later time/date. Subject #1 reported to the PMO where Subject #1 was advised of Subject #1's legal rights, which Subject #1 invoked. Subject #1 was processed and released to Subject #1's unit. This is a final report.

USAG-Yongsan: Larceny of Private Property; Unknown person(s), by unknown means, stole Victim #1's bicycle, which was secured, and unattended at the bike rack adjacent to an on-post building, USAG-Yongsan. A search of the area by Victim #1 for subject(s) and/or witness(es) met with negative results. Victim #1 rendered a written sworn statement attesting to the incident. Estimated Cost of Loss is \$300.00. This is a final report.

USAG-Humphreys: Wrongful Damaging of Government Property; Unknown person(s), by unknown means, damaged a no trespassing sign, which was unsecured and unattended at a training site on USAG-Humphreys. A search of the area for subject(s) and/or witness(es) met with negative results. Estimated Cost of Damage is unknown. This is a final report.

USAG-Humphreys: Traffic Accident without Injuries; Damage to Government Property; Failure to Maintain Control of a Motor Vehicle; An unknown person, operating a vehicle struck the rear of Victim #1's GOV, causing it to strike a concrete barrier on an off post highway. Damages to Victim #1's vehicle consisted of dents, scratches, and paint transfer to the left front bumper and fender. The unknown vehicle and concrete barrier sustained unknown damages. Korean National Police responded and filed a report. Seatbelt utilization is unknown. Estimated Cost of Damage is unknown. This is a final report.

USAG-Daegu: Underage Drinking; Subject #1 was observed by Military Police drinking an alcoholic beverage in an off post Club. A check of Subject #1's ID card revealed that Subject #1 was under the legal age to consume alcoholic beverages. Subject #1 was transported to the PMO where Subject #1 was administered a Portable Breathalyzer Test, with a result of 0.170% Blood Alcohol Content. Due to Subject #1's level of intoxication, he was processed and released with instructions to report to the PMO at a later time/date. Subject #1 later reported to the PMO where he was advised of Subject #1's legal rights, which Subject #1 waived rendering a written sworn statement admitting to the offense. Subject #1 was processed and released to Subject #1's unit. This is a final report.



Standing tall, 63 City, one of the major landmarks in Seoul, is located in Yeouido, overlooking the gently flowing Hangang River. On the outside, it's a simple skyscraper. On the inside, however, it's full of wonderful things for visitors to see. Home to the 63 Wax Museum, one of the major must-see places at 63 City. See Sights and Sounds below for more information. — Photo courtesy of Dave Palmer

SIGHTS AND SOUNDS: Off-post events and activities

Exploring the City of Seoul - 63 Wax Museum

The 63 Wax Museum, one of the major must-see places at 63 City, opened in 2008. Visitors can tour the Museum and take photos with wax figures of historical personages including world-renowned musicians (Schubert, Bach, and Beethoven), painters (Salvador Dali, Picasso, Van Gogh, etc.), and athletes. As many as 70 wax figures made by a famous Japanese artist are 1.5 times bigger than actual size so that they look more detailed and life-like in photos. 'The Last Supper' which took 3 years to complete, is one of the most popular pieces in the museum. This piece is a favorite among visitors, regardless of their nationality. Visitors are provided with costumes so that they may dress up and take photos of themselves as Jesus' hypothetical 13th disciple. The museum offers visitors exciting hands-on programs, making this tour anything but a typical day at the museum. The 63 City itself, one of the major landmarks in Seoul, is located in Yeouido, overlooking the gently flowing Hangang River. On the outside, it's a simple skyscraper. On the inside, however, it's full of wonderful things for visitors to see. Other attractions include Sea World, which is known as the perfect place for a family outing and the observatory located on the 60th floor, which is well known as a great place for a romantic date. Plus, the observatory has recently been transformed into a gallery and <Fanta-Stick>, a string and percussion performance, is held regularly. As such, 63 City is constantly evolving as a "Fantastic City". Marking its 25th birthday, 63 City has reemerged as a major tourist attraction site.

Year of the Tiger 2010

Tigers are one of the favorite characters in many old folk tales in Korea. They sometimes appear as a ferocious beast, sometimes as a re-incarnate of mountain god and more often than not, a clumsy creature easy to be cajoled. The old concept of tiger in Korea differs a lot from what we commonly perceive from the zoo. Let's look into the transition of tiger as a symbol of Korea's culture and history through the special exhibition until March 1, at the National Folk Museum of Korea.

USO Panmunjom Tour

The USO Panmunjom tour is one of the best ways to understand the situation, the tensions, and the reality of the North and South Korea division. From the time you start to prepare for the trip until your last view of the barbed wire fence that lines the "Freedom Road" or "Unification Road" (the highway connecting Seoul to Panmunjom), your understanding of the recent history of Korea will take on a new dimension. In preparing for the trip, don't forget to follow the Dress Code for the Panmunjom tour. You can download the dress code from this site <http://affiliates.uso.org/Korea/> or pick one up at the USO. Also, very important, be sure to bring your passport or military ID the day of the tour.

Sinmyeong, A Complete Showcase of Traditional Korean Performance Begins

Throughout history, Korean people have gathered together to express their joy through a Yeonhui, whenever there was an occasion to celebrate. Sinmyeong is just such an event, a combination of everything from singing, dancing,

and music to drama. It will be held on an ongoing basis at the Angel Theater located in Mokdong Sports Stadium starting on Feb. 2nd, 2010. Feel the beat of the Jangu drum, watch the bright swirling ribbons of the Sangmo dancers and the fluid yet comical motions of the Sajachum lion dance. You will find yourself tapping your feet, nodding your head, dancing along in your chair. A visit to the Sinmyeong performance will give you a very clear grasp of the expression "Sinnanda!" or to be overcome with joy.

Jeju Jeongwol Daeboreum Fire Festival

The Jeongwol Daeboreum Fire Festival is a ceremony to pray for health and a good harvest in the coming year. The festival held Feb. 26-28 offers a number of hands-on events where visitors can participate in folk games and traditions, and you can also enjoy the sights of Jeju Island's stunning natural environment.

Sinmyeong, Traditional Yeonhui Performance

Sinmyeong is a Yeonhui, a kind of performance that combines everything from singing, dancing, and music to drama. It comes in five different madangs or acts that combine the Korean notion of Shin (excitement) and Heung (joy). The performance will be held on an ongoing basis at the Angel Theater located in Mokdong Sports Stadium starting on Feb. 2nd, 2010. Shows are at 4:30 and 8:00 pm on Tuesday and Thursday, 1:30 and 4:30 pm on Saturday and Sundays for a total of eight 80 minute shows. Take subway line 5 to Omokgyo Stn. Exit #3. And then walk for about 10 min. The venue is located between the Skating Rink and the Baseball Stadium at the Mokdong Sports Stadium.

COMMAND PERSPECTIVE

By Brig. Gen. John Uberti
Commander, IMCOM-Korea

The Morning Calm weekly newspaper is a unique Command Information publication. Each week, we bring you news and information from each of the five U.S. Army Garrisons across Korea and regional news of interest to the entire U.S. military community in Korea.

As many of you know, the next few years will involve many changes for Army installations as the Army supports U.S. Forces Korea transformation and works with USFK to normalize tours for Soldiers serving in Korea. The USFK Transformation will change where many Soldiers in Korea will serve, live and work and Tour Normalization will allow Soldiers to do a normal three-year accompanied or two-year unaccompanied overseas tour, like in Europe or Japan.

In addition to those big changes, the Installation Management Command, like other commands throughout the Army, has begun to operate at reduced funding levels. This means that some installation services will operate at lower levels than in recent years and will remain at those lower levels for the foreseeable future.

To help keep you informed each of those issues and others, we have decided to launch this column. Each week, one of the garrison commanders or I will provide updates and information about USFK transformation, Tour Normalization and other installation-related issues that have an impact on the Soldiers, Family members, Retirees and Civilian employees that serve, live and work at IMCOM facilities across Korea.

For this first column, I'd like to share more about the decline in installation funding levels. In 2008, Army funding levels were three times higher than in 2001. As America faces significant economic challenges, we will be required to work with reduced funding and exercise greater stewardship over the resources that we receive.

As funding levels decline, our challenge is to ensure that key, high-priority programs do



Brig. Gen. John Uberti—U.S. Army photo

not suffer. You can rest assured that we will maintain our full support to Life, Health and Safety programs. The Army Family Covenant and support services that prepare Soldiers and their Families for deployment will remain fully funded because they are non-negotiable and we will not depart from our commitment. However, other installation services will be reduced to meet the challenge of reduced funding.

As we work to manage our funding resources here at IMCOM, commanders and leaders will strive to efficiently utilize those resources. As we undergo these changes, we will use this column, our web sites and other means of communication to keep you informed and help you to understand the process.

You can do things to help out. Simple things like turning the lights off, powering down your computer at night or driving tactical vehicles instead of TMP vehicles all save money – and no savings is too small to forego.

IMCOM will work to ensure that those key installation programs that mean so much are well resourced and operated while we strive to do away with wasteful and unnecessary spending. We appreciate your help and understanding as we go forward.

Korean Service Corps Battalion recognized

By Pvt. Oh Chi-hyung
8th U.S. Army Public Affairs

SEOUL — The Korean Service Corps Battalion Annual Dinner was held Jan. 29 at Lotte Hotel in Seoul to recognize the KSC Battalion's accomplishments throughout the past year.

KSC employees, garrison commanders, KSC coordinators, supported unit representatives, Soldiers, family and friends attended the ceremony.

Lt. Col. Charles N. Parker Jr., commander of the KSC Battalion, acknowledged the work of the KSC members and emphasized the understanding, friendship and trust between the United States and the Republic of Korea.

"KSC is not just a workforce but an opportunity to have open dialogue to discuss the uniqueness of two different cultures, to gain an intimate understanding one another, to become true neighbors and confidants and to show that true friendship conquers all," said Parker.

Following the dinner which was accompanied by an 8th U.S. Army Band performance,

Maj. Gen. Robert Williamson, 8th U.S. Army deputy commanding general, was the guest speaker.

"Together, we are a team and this dinner is great opportunity for us to come together and recognize all of the outstanding work done daily by the KSC Battalion," said Williamson. "I'd like to thank you for your outstanding service and support of the Eighth U.S. Army and U.S. Forces Korea."

Williamson also recognized the Korean Service Corps Battalion members who participated in the Korean War and honored their work.


Awards were given to KSC members for their efforts during the past year.

The KSC Battalion has a rich and proud history that started in 1950. During the war, the KSC played a vital role in supporting United Nations and Republic of Korea forces.

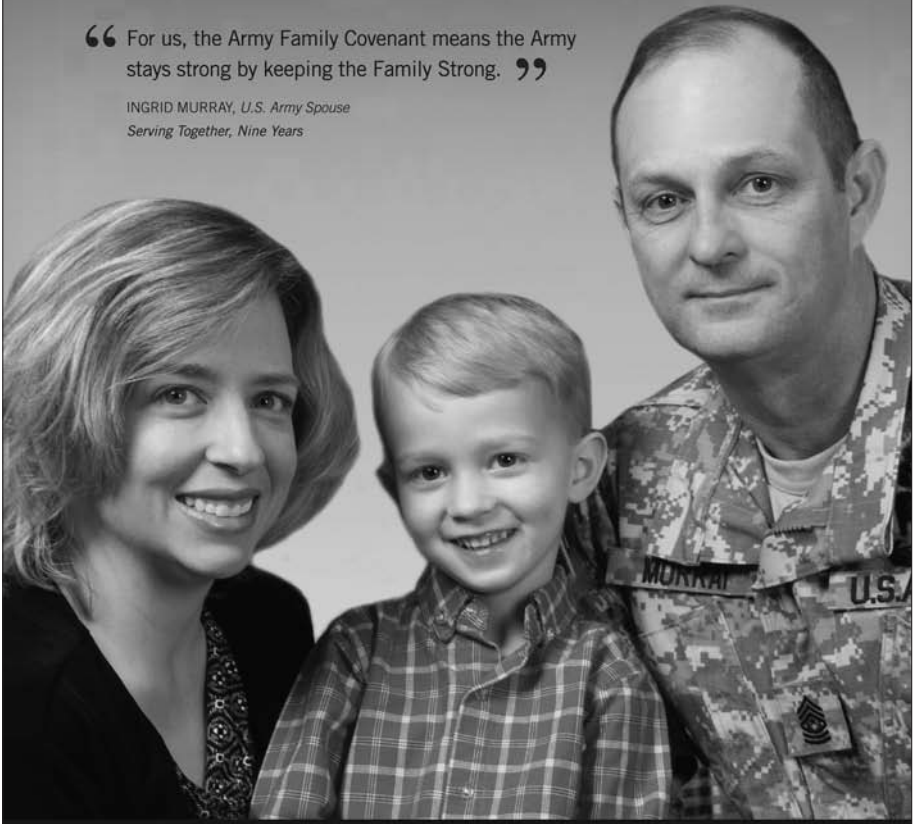
Today, KSC employees contribute to military readiness by performing combat support and combat service support functions for the U.S. Army.

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More than 100 percent enrollment in Army Education programs occurred when Soldiers in Warrior Country signed up for a Degree at Three program began by Maj. Gen. Michael S. Tucker, 2nd Infantry Division commander. These Soldiers are taking classes in the Education Center on Casey garrison. — U.S. Army photo by Rob Haynes

Warrior University provides a degree at three

By Pvt. Jamal Walker
USAG-RC Public Affairs

RED CLOUD GARRISON — Education Centers in Red Cloud and Casey garrisons now have an additional outlet for Soldiers who are willing to better themselves with the addition of Warrior University, a new program affiliated with the Real Warrior Campaign plan steered by Maj. Gen. Michael S. Tucker, 2nd Infantry Division commander.

Warrior University supports Soldiers

stationed in the garrison a chance to go to school during the duty day from 3 to 5 p.m. Tuesdays and Thursdays. The intentions for Warrior University are to increase educational and professional opportunities for Soldiers in the Army while stationed in Korea.

"I just wanted to make use of my time while in Korea," said Pfc. Michael Cox, 552 Signal. "When I heard about Warrior University my initial thought was to sign up."

The chain of command was informed

if Soldiers wanted to attend college; they must not punish, penalize, or give additional duties to Soldiers participating in Warrior University. Furthermore, Soldiers enrolled in Warrior University were told when enrolled in a class, their place of duty is the classroom. Only a lieutenant colonel or above, can excuse Soldiers from the classroom.

"I have wanted to take core classes since I got here," said Spc. Michelle Dennis, Headquarters and Headquarters Company, 2ID. "This is the best opportunity because

the chain of command is allotting the time to go to class, and the benefits are tremendous for all Soldiers."

More than 100 percent enrollment in Army Education programs occurred when Soldiers in Warrior Country took advantage of the Degree at Three program instituted by Tucker last year.

Soldiers choosing to further their education or begin a college degree can find the time easier now that it is a primary objective to improve garrison life for those stationed in the Republic of Korea.

Tax Center opens for the benefit of all in Area I

By Pvt. Jamal Walker
USAG-RC Public Affairs

CASEY GARRISON — The Judge Advocate General's office in Casey garrison's Maude Hall opened their Tax Center with a ribbon cutting and cake cutting Feb. 1. The afternoon marked the first day of business for the Tax Center in Area I.

"I have filed my taxes without the assistance of the military three times before. One time I went to H&R Block and had only one person help me, but today I have had at least three people come to me and ask if I needed any assistance," said 2nd Lt. Colin Kras, 1st Battalion, 15th Field Artillery Regiment maintenance control officer, commenting on the Tax Center's quality customer service.

A full-time tax center will operate on Casey garrison as well as Red Cloud garrison. Trained tax assistants will also rotate to Camp Stanley to provide service for Warriors there. A total of 11 Soldiers and two civilian volunteers, all trained in tax preparation and tax policy, will serve during the extended return season.

"I think the service the Tax Center is providing is important because it makes filing taxes easier," said Pfc. Elmer Hufragio, 1st Heavy Brigade combat Team infantryman. "I have only been in the Army for a year, so this is my first time filing taxes. I am going to continue to use the tax services the Army provides."

The Casey garrison Tax Center will operate 9 a.m. - 5 p.m. Tuesdays, Wednesdays and Fridays; 1 - 5 p.m. Thursdays and 10 a.m. - 2 p.m. Saturdays. The Red Cloud garrison Tax Center, will operate 9 a.m. - 5 p.m. Mondays, Tuesdays and Fridays and 1 - 5 p.m. Thursdays. Tax preparers will serve 9 a.m. - 5 p.m. Wednesdays at the Camp Stanley legal office.

If you are a member of the Armed Forces on active duty and you move because of a permanent change of station, you can deduct the reasonable unreimbursed expenses of moving you and members of your household.

If you serve in a combat zone as an enlisted person or as a warrant officer for any part of a month, all your military pay received for military service that month is not taxable. For officers, the monthly exclusion is capped at the highest enlisted pay, plus any hostile fire or imminent danger pay received.

The time for taking care of certain tax matters can be postponed. The deadline for filing tax returns, paying taxes, filing claims for refund, and taking other actions with the IRS is automatically extended for qualifying members of the military.

If military regulations prohibit you from wearing certain uniforms when off duty, you can deduct the cost and upkeep of those uniforms, but you must reduce your expenses by any allowance or reimbursement you receive.

Generally, joint returns must be signed by both spouses. However, when one spouse may not be available due to military duty, a power of attorney may be used to file a joint return.

If you are a member of the US Armed Forces Reserves, you can deduct unreimbursed travel expenses for traveling more than 100 miles away from home to perform your reserve duties.

Subsistence allowances paid to ROTC students participating in advanced training are not taxable. However, active duty pay — such as pay received during summer advanced camp — is taxable.

You may be able to deduct some costs you incur while looking for a new job.

Expenses may include travel, resume preparation fees, and outplacement agency fees. Moving expenses may be deductible if your move is closely related to the start of work at a new job location, and you meet certain tests.

Patrons should bring their military identification cards, copies of all W-2 and 1099 forms, copies of all dependants' Social Security cards, a copy of last year's tax return, if available, and a voided check for bank account information. For more information, call 730-3591.



Pfc. Mark Hill, an infantryman from 1st Battalion, 72nd Armor Regiment, presents his tax preparer, Pfc. Matthew Mahler, Headquarters Headquarters Brigade 210 Fires Brigade, with the necessary paperwork for his taxes to be completed at the grand opening of the USAG-Casey Tax Center Feb. 1 in Maude Hall on Casey. — U.S. Army photo by Pvt. Jamal Walker

News & Notes

Did You Know?

The Casey garrison DoDDs - Korea School for K - 8th grade will be completed July 31. It will hold more than 300 students.

American Red Cross Facebook Page

New American Red Cross Facebook Page in Area I is: <http://www.facebook.com/help/?page=414#/group.php?gid=223714907133>.

Black History Month Movies

In support of Black History Month in February and in coordination with 2ID EO, there will be a special showing of the movie "Glory" featured at the following AAFES movie theaters: Casey Theater Feb 4 beginning 7 p.m., Stanley Theater Feb. 9 beginning 7 p.m., Red Cloud Theater Feb. 17 beginning 7 p.m., Camp Hovey Theater Feb. 19 beginning 6 p.m., and again at the Casey Theater Feb. 25 beginning at 7 p.m. For more information call: 732-6814.

Commissaries offer gift vouchers

The Defense Commissary Agency is offering gift vouchers at all of its 254 commissaries. These vouchers are available in \$25 denominations. Anyone may acquire gift vouchers; however, only commissary authorized patrons may redeem them. Vouchers are available at commissary customer service areas, cash offices and from cashiers at full-service checkout lanes. No additional fees will be added to the cost of purchasing or redeeming a voucher. For more information call: 804-734-8000, ext. 48773 or e-mail: kevin.robinson@deca.mil.

Deadline for 2010 Scholarships for Military Children is Feb. 17

All applications for the 2010 Scholarships for Military Children Program must be turned in to a commissary by close of business Feb. 17. The following people are eligible to apply: dependent, unmarried children, younger than age 21 (age 23 if enrolled as a full-time student at a college or university) of active duty personnel, Reservist, Guard and retired military members, survivors of service members who died while on active duty, or survivors of individuals who died while receiving retired pay from the military. For more information call: 804-734-8000, ext. 48773 or e-mail: kevin.robinson@deca.mil.

Super Bowl at Mitchell's Club

Mitchell's Club on Red Cloud will show the Super Bowl beginning at 5:30 a.m. with free breakfast buffet from 6 - 8 a.m. Main prizes is a AAFES gift card for the person who guesses the closest final score. For more information call: 732-8189.

Prohibition of Open Burning

Effectively immediately, all installation personnel must cease open burning to include: Trash, barrel fires, for destruction of classified material, hazardous material and hazardous waste, petroleum, oil, and lubricants. For more information call: 732-9199.

ACS provides support for third nation spouses

By Jim Cunningham
USAG-RC Public Affairs

CASEY GARRISON — In the course of human events as they happen in Army garrison life, Soldiers frequently marry third-country nationals as well as host-country nationals, without thought or planning for their status in regard to immigration or citizenship post nuptials. Sometimes this absence of planning leads to Soldiers changing stations without being able to take their new spouses and dependents, which results in the new spouse being left behind with no support.

For this reason, Army Community Services operates an Outreach Program, which provides services covering all the needs Soldiers, Civilians, and Family members might have regarding marriage, visa issues, citizenship and immigration. The program's most far reaching aspect is helping spouses and Family members left behind when a Soldier or Civilian changes station.

The program has established an Abandoned Spouse Hotline to connect with those finding themselves in such situations.



Elizabeth Samarripa, Red Cloud garrison Outreach Program coordinator, guides customers of the Outreach program to services and information. — U.S. Army photo by Jim Cunningham

"One of the most important Army Family Action Plan issues surfacing during the AFAP conference last year was about left-behind Spouses," said Elizabeth Samarripa, Red Cloud garrison Outreach Program coordinator. "This is the reason we established the hotline last January. Our system allows us to help anyone with a Department of Defense identification card."

We have had cases where persons who have had a relationship with American Soldiers or Civilians and have found themselves in an abandoned situation, with and without children, have been helped through the Outreach Program.

"I can lead persons who find themselves left behind by Soldiers or Civilians outside of marriage to help outside of the Army system," Samarripa said.

"When I find out their needs, I lead them to My Sister's Place, which deals with foreign national displaced females, and other Korean social work organizations that deal with these situations."

When spouses find themselves abandoned by their Soldier spouse and walk in ACS or calls in on the hotline, Samarripa will ask them their needs to find where to start solving their situation.

"I have to assess their needs first," Samarripa said.

"Sometimes they need financial assistance, so I have to find which need to fill first before addressing the others. If there is no contact with the Soldier; they leave the spouse here without any further contact, we track them through their last unit."

Once contact is made with the Soldier, Samarripa will let the Soldier know his spouse is left behind and he needs to communicate his plans for her.

If there is no answer from the Soldier, Samarripa will try to find him through the chain of command and let command handle it from there.

The majority of spouses left behind in Korea result from a situation, which happens often.

A Soldier will marry a third country national without plans to get the required visa so she may follow him to the United States or where ever he may be stationed, Samarripa explained.

"At least 90 percent of our cases are made when the Soldier fails to process the immigrant visa on time," Samarripa said. "When it comes time for him to PCS, she is left behind. Soldiers must be aware when they marry anyone outside the United States their responsibility is to begin processing their immigration visa right away, as soon as their marriage is complete."

Depending on the situation, the processing time can take from a few months to as long as a year, Samarripa said.

Soldiers sometimes have the idea that once a spouse has her ID card, she can travel with him. They should realize their spouse will need a special visa from the U.S. Embassy so she can immigrate and obtain a green card.

"We have referrals from the Judge Advocate General's office telling Soldiers to get in touch with us to find out what they must do to get a visa for their wives," Samarripa said. "They cannot begin the process before they get married, so they must get all the required paper work ready after their marriage so they may begin the visa application process."

For Korean spouses the process is easier because they have an easier time getting their required paper work together, being in Korea.

For third-country spouses, they will have to travel to their home country to gather the required paper work and come back to Korea to apply. In such cases, Samarripa and the staff of the Outreach Program can help with information regarding what kinds of certificates and reports are needed for the visa application. In every case, it is best to come to the ACS offices and get all the information needed to begin visa application process before getting married in order to be prepared, Samarripa said.

Fast pace offensive play helps Humphreys win 8th Army tournament

By Pvt. Jamal Walker
USAG-RC Public Affairs

CASEY GARRISON — The members from the 348 Quartermaster, 19th Training Support Company USAG-Humphreys, TRU used their size and speed to their advantage to defeat the 501st Sustainment Brigade, Camp Carroll, Devils 66-61 in overtime to win the 8th Army championship for the unit level basketball division.

Sherlock Miller, TRU forward, finished the game with 21 points while Carl Morrison, forward, led the game in scoring with 27 points for the Devils.

The Devils won the initial tipoff for the game and scored with a 3 point basket.

TRU came back with the help of a strong defensive effort to take the lead with 5 minutes into the game. The score was 15-13.

TRU played aggressively the entire game trying to stop Morrison from scoring while continuing to score majority of their points from fast breaks.

"Our team's style of playing the game was all around, and we knew if we stayed

physical with them, and crashed the boards, then we had them," Miller said.

The last moments of the game had the audience and players on their toes.

The Devils recognized TRU's inability to stop Morrison and began to give him the ball at the top of the key to isolate himself with Cornelius Bardney, guard for TRU who scored 18 points in the game.

When the game was left with 1:08 tied at 56-56 Morrison attempted to use the Devils' isolation play for the third time, but as he drove into the key, the ball was stripped and TRU scored.

The following play, the Devils responded with a lay-up, but Morrison was called for a reaching-in foul with 20 seconds left on the clock to put Bardney on the line shooting one and one. Bardney made both baskets to lead the game 60-58. The Devils; however, craftily scored another basket to tie the game for the last time.

Starting overtime, the Devils lost the tip-off, and TRU went on to score 4 additional points before the Devils went to the free throw line to make their first and last basket of the game. Morrison then fouled out and

TRU scored another basket before the 3 minute overtime concluded naming TRU the unit level champions 66-61

"TRU came back and made a few shots. We were missing our shots and second chance shots as well, so we weren't able to make it happen in overtime," Morrison said.

"We have been talking about winning the 8th Army Championship since the summer. We started the team off with seven guys and throughout the season we have been getting more and more players on our team. After the regular season, we knew we had what it takes to be one of the best teams on the peninsula," Bardney said. "We have always been a fast break team with a run-and-gun tempo. We like to let the point guard run up the court, and within two passes. And, we like to shoot the ball."

More basketball action will take place in the Casey garrison Hanson Gym at 7:30 p.m. tonight when the Warrior Country Korean Augmentee to the U. S. Army Battalion level Championship begins. For more information about Warriror Country Sports events call: 732-6927.

Fitness clinic treats all on Hovey

By Jim Cunningham
USAG-RC Public Affairs

CAMP HOVEY — Family, Morale, Welfare and Recreation sports division on Red Cloud treated more than 50 Soldiers, Civilians and Family members to a Fitness Clinic and Training Seminar Jan. 30 in the Camp Hovey Fitness Center.

Those in attendance were treated to new and high tech exercises and drills. Everything from plyometrics to new swim techniques, 11 in all, was featured.



(Third and fourth from left) Gosia and Adam Wroblewski enjoy Aqua PT during the Fitness Clinic and Training Seminar held in the Camp Hovey Fitness Center Jan. 30. — U.S. Army photo by Rob Haynes

“We are having the Fitness Clinic and Training Seminar to expose Soldiers, Civilians and Family members to different forms of exercise,” said Christi Lee, FMWR fitness specialist.

“A lot of them are more intensive than you can’t necessarily teach in the gym if someone comes up to ask a question, so we have got to focus on power training, plan metrics, and core training; a whole day of hands-on learning.”

Many classes offered dealt with the military physical training test and improving

the Soldiers’ test scores.

Programs like Improve Your Mile teach students techniques that actually do improve a Soldier’s ability to run a mile, instead of only running more often.

“Most people think the best way to improve your run is to run more,” Lee said. “There are other techniques one can use in the gym and outside the gym to improve your mile.”

Speed training and decline hill training are among the many techniques people do not learn unless they learn them from a fitness expert or sports trainer, Lee said.

A class about nutrition also was offered in the lineup of classes for the day.

“The nutrition seminar and supplementation seminar are grouped together by Capt. Dunning who is the only dietitian in Korea,” Lee said.

“He serves both Army and Air Force. He taught both basic nutrition and sports nutrition.”

Aqua physical training techniques are basic techniques for use in the water, said Paul Henevich, FMWR sports division aquatics specialist. We target certain muscle

groups like the shoulders and stomach and the legs. It is basically there where we help the Soldier increase his endurance so he can go out and run and do his pus-ups and set-ups better.

There are two different kinds of workouts one can choose when working in the water, Henevich said. Aqua aerobics can be done with swimmers.

“I take the fear out of it for non-swimmers in aqua PT; they can jump in the water and get used to it getting the full benefit from working in the water,” he said.

“Aqua aerobics has a lot of swimming and treading water for the exercises, so swimmers can take advantage of this sort of exercise.”

“We have a wonderful staff so we are training ourselves throughout the year for new and improved progressive ways to do PT,” said Randy Behr, Red Cloud garrison FMWR sports director.

“We make PT a lot more fun than the basic moves one usually encounters.”

Two very good reasons why fitness clinics with training seminars should be done is it is simply informative and all science based, Behr said.

These techniques are safe and new, and not the techniques Soldiers get in their daily routine.

Warriors over Humphreys 71 – 69 in 8th Army b-ball championship

By Pvt. Jamal Walker
USAG-RC Public Affairs

CASEY GARRISON — Area I Warriors gave everything they had on the basketball court as they made two buzzer beater shots to take down the Area III team Humphreys 71-69 in the 8th Army Championship Jan. 30 for men 33 years old and over in Casey Garrison’s Carey Fitness Center.

Prior to winning the championship game the Warriors lost their first game to team Humphreys earlier in the day, but with the hopes of a season gone, the Warriors focused their thoughts on coming back to defeat team Humphreys.

“Those guys were on fire, hitting a lot of three’s,” said Lorenza Ross, shooting guard for the Warriors. “We felt like we did not play with a lot of intensity in the first game, so everybody said we needed to come out with a lot of intensity; pushing the ball to wear team Humphreys down. They looked like they were tired anyway, so we wanted to continue to push the ball to work in our favor.” Intensity is what the Warriors brought from the beginning of the game. They won the tip off and scored their initial basket. The Warriors went on a 12-4 run spreading the ball around the floor allowing different players to score.

The Warriors hurt Humphreys’ motivation with three seconds left in the first half, having the lead 35-32, they took the ball out at the opposite end of their basket but Timothy Edwards, forward for the Warriors, inbounded the ball and threw the ball at half court to beat the buzzer giving the Warriors a 6 point lead at halftime.

“We need to take care of the ball first,” said Daugeril Moore, forward, we played well, but at the end of the half, we played a little sloppy. We are going to take care of the ball and run the other team down, because I think they’re tired.”

Less than a minute into the second half, Humphreys took a blow to their lineup

as Linden McDow, point guard for team Humphreys, was carried off the court by the medics. At 14:23 McDow fired a pass to a teammate to bring the score closer, 40-36, with the Warriors still leading.

“I twisted my ankle when I was fouled,” McDow said, “and I don’t know why, but it just pumped me up and got me upset enough to play harder.”

With 11:45 left in the game, McDow netted a 3 pointer to take the lead 43-46, but Edwards came back with a 3 pointer of his own to tie up the game.

With 2 minutes left in the game, Horace Ross, forward for the Warriors, grabs a key offensive rebound and passes the ball out to his brother Lorenza, who finds Edwards for an open 3 point basket to take the lead 67-66. McDow, who finished the game with 28 points, then knocks his third 3 pointer of the half to lead the game 69-67. The Warriors made a quick layup and forced McDow, and team Humphreys, to take another 3 pointer, but they missed the basket. The Warriors inbounded the ball with 7 seconds on the clock and called a time out.

The Warriors were placed in front of the score table, 5 feet from the half court line to inbound the ball, and Humphrey’s men had a tight man-to-man defense on their opponents.

Edwards made an aggressive move for the ball, received the pass, and with only a second burned off the clock, the ball was already in the air as Edwards shot for a long half court 3 point shot. With time still on the clock, Lorenza Ross rebounded the ball directly beneath the basket, and threw it back up before the horn could signal the game. Lorenza Ross’ and Edwards’ quick thinking buzzer beater baskets took down Humphreys 71-69.

“I actually thought Edwards was going to make it,” Lorenza said. “I was waiting to celebrate with him, but the ball just ended up in my hands, so I just threw it up there; I was under the basket just in case.”



Linden McDow (ball handler) shoots during the 8th Army Championship game for the men’s 33 and over division Jan. 31 at the USAG-Carey Fitness Center. McDow and the Area 3 team Humphreys lost to the Area 1 Warriors 71-69 in dramatic fashion with two buzzer beaters ending both halves. — U.S. Army photo by Pvt. Jamal Walker



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- Within the next three years, more than \$200 million will be spent on building new commissaries and enhancing existing commissaries to better serve customers.



Visit **ARMYOneSource.com** to learn more about the Army Family Covenant.



Yongsan volunteers recognized for outstanding service



By Pvt. Choe Yong-joon
USAG-Yongsan Public Affairs

YONGSAN GARRISON — Yongsan Garrison officials honored volunteer nominees and named the top three Volunteers of the Quarter at the U.S. Army Garrison-Yongsan Volunteer of the Quarter Recognition Ceremony held at Army Community Service Jan. 28.

The nominees included four youths, six Korean Augmentation to the United States Army Soldiers and 22 adult volunteers who have dedicated their time to improving the Garrison. Lenette Haliburton, Sgt. Jun, Kwang-hoon and Michele Tarras received the nod as the top youth, KATUSA and adult volunteers of the quarter, respectively.

Garrison Commander Col. Dave Hall delivered opening remarks to more than 40 guests at the event. "Here in Yongsan, there are so many volunteers that this community would not function as well as it does if it were not for them," he said. "I really appreciate what they have done to help make us a Community of Excellence."

2-2 Assault Battalion Commander Lt. Col. Matthew Lewis spoke as a guest speaker following Hall's opening remarks. Breaking the traditional speech model, he delivered a brief dialogue with his son that visibly entertained the audience.

Youth Volunteer of the Quarter was awarded to Lenette Haliburton for donating 180 hours to the Club Beyond Youth Ministry as a teen youth leader teaching them that there is meaning to life and that their own lives are important.

Sgt. Jun Kwang-hoon, the Senior KATUSA from Brian Allgood Community Hospital, earned KATUSA Volunteer of the Quarter award for volunteering as an English teacher and babysitter at the Young-Nak Orphanage.

Adult Volunteer of the Quarter was awarded to Michele Tarras for contributing 20 to 30 hours per week as the Family Readiness Group Leader for D Company 2-2 Aviation. She acted as the single point of contact for a company of more than 120 soldiers and 24 families.

"I didn't know I was considered, so it was a surprise, but it was a great honor," Tarras said. "I was glad I volunteered with the FRG to help young spouses, especially ones new to the Army and to Korea, from K-16 where they are a little bit isolated."

(Top) The Yongsan Garrison Command Team and senior spouses, including Joanne Sharp (whose husband is the U.S. Forces Korea Commander Gen. Walter Sharp), pose with volunteers during a recognition ceremony Jan. 28; (Bottom) Adult Volunteer of the Quarter Michele Tarras is recognized for her dedication while volunteering as the Family Readiness Group Leader for D Company, 2-2 Aviation unit. — U.S. Army photos by Pvt. Choe Yong-joon



News & Notes

Scholarships Available

Application packet for 2010-2011 academic year are available for download at www.awcseoul.org. Scholarships will be granted for high school seniors graduating in June 2010, with an accumulative GPA of at least 2.5, a valid ID card holder, US citizen and child of USFK military, US embassy or DOD civilian and from any US military base.

Black History Month 2010 Live Wax Museum
STB-K EO and The African American Culture Club celebrates Black History Month 2010. Come support as the students of SAHS portray prominent African Americans in a first ever live wax museum! You never seen one like this. The event is on Feb. 10, 9 a.m. - noon at Seoul American High School Auditorium. For information, call 723-2498).

Black History Month 2010 Movie Night
STB-K Presents Black History Month 2010 Movie Night. Movies to be played: The Great Debaters, Men of Honor, The Express, and Pride. The event is on Feb. 13, 8 p.m. - 10:30 p.m. at the Moer Recreation Theater. For information, call 723-2498.

Yongsan Health Clinic Relocated
Since Jan. 22 Yongsan Health Clinic (Troop Medical Clinic) has relocated from the Brian D. Allgood Army Community Hospital/121 CSH to the newly renovated Bldg. 1663, (near Navy Club). Hours of operation have not changed. Call DSN 737-CARE 6-7 a.m. for same day appt/sick call. Hours of operation M-F 7 a.m.-4 p.m. For information, call 010-8515-1025.

Community Connection
ACS Outreach Program will set an information table at the Yongsan Commissary every first and third Friday 10:30 a.m. - 12:30 p.m. to provide community members with accurate information about Korea, Yongsan, and ACS programs. We are here for you! For information, call 738-7123.

2010 Super Bowl XLIV Parties
The Doors will open at 5 a.m. for the First 40 people in line will be eligible to Win A Grand Prize. The Doors will reopen to the General Public at 6 a.m. Grand Door Prize and Many Other Door Prizes will be given away throughout the Game. The main event is on Feb. 8, 6 a.m. - 10 a.m. at Main Post Club. For information, call 738-5254.

A3 Visa and Sofa Stamp Service
ACS can help you get your SOFA Stamp at Korea Immigration or in USAG- Yongsan from 2 p.m. until 5 p.m. Feb. 9 at S4106 Rm. 122. Call for more information. For information, call 738-7505.

Lunar New Year Closure
USAG-Yongsan, DOL, Commercial Travel Office (CTO), Official Travel Office, will be closed in observance of Korean Lunar New Year, Feb. 13-15. Emergencies Please Call 080-247-5463.

Free Yoga Classes
The classes are on Tuesday and Thursday - 8:30 a.m., 5:15 p.m., Saturday - 9 a.m. at Collier Field House, and on Tuesday and Thursday - 6 p.m. at Hannam.

For a complete list of community information news and notes, visit the USAG-Yongsan official web site at <http://yongsan.korea.army.mil>

Good Neighbor event brings Korean, U.S. families together



Eleven Korean and American families gather for the second Korea-U.S. Family Host Program meeting and luncheon Jan. 23 on Yongsan. — *U.S. Army photo by Pfc. Kim Hyung-joon*

By Pfc. Kim Hyung-joon
USAG-Yongsan Public Affairs

YONGSAN GARRISON — The Area II Republic of Korea Army Support Group invited 11 Korean and American families to the John M. Wood Memorial Theater Jan. 23 to launch a second Korea-U.S. Family Host Program meeting and luncheon.

The event was designed to bring together families to deepen their cultural understanding, exchange language skills and simply have fun.

The USAG-Y ROKA Support Group

Commander, Lt. Col. Park Ju-hyun, delivered the opening remarks.

"Today's partnership ceremony will bond Korean and U.S. families, which will help them to better understand each other's culture, become fonder of each other, and strengthen Korea-U.S. Alliance," he said. "United States Forces in Korea sacrificed their lives to guard the freedom of the Republic of Korea 60 years ago during the Korean War and are still contributing to our national security until today. Therefore, I would like to sincerely thank our Korean 'good neighbors' for welcoming

the U.S. Soldiers."

Mayor of Dangdaemun Gu, Bang Tae-won, reemphasized the significance of sharing different cultures to understand others in an ever-globalizing society as well as developing English skills for children.

"It's been a great opportunity to learn more about American culture and English," said 7th grader Yoo Jeong-ha.

Major Ryan McBride, 175th Financial Management Center, represented the

—See FAMILIES, Page 12—

Job fair highlights opportunities, benefits



School Liaison Officer Doo Shin (middle) speaks with jobseekers Jan. 19 at the U.S. Army Garrison-Yongsan Child, Youth, and School Services held a job fair. — *U.S. Army photo by Pvt. Choe Yong-joon*

By Pvt. Choe Yong-joon
USAG-Yongsan Public Affairs

YONGSAN GARRISON — U.S. Army Garrison-Yongsan Child, Youth, and School Services held a job fair supporting the Army Family Covenant to hire motivated and qualified military spouses and family members Jan. 19 at the School-Age Services Building.

In her opening remarks, CYSS Coordinator Claudette Mohn briefly explained how jobseekers could simply move from station to station to learn what opportunities are available and get to know the CYSS staff.

"At station number one, you can get information and then move to the next station to meet with all of the CYSS management team, including me. At the end, you can submit an application to

Civilian Personnel Advisory Center for review," she added.

Job seekers interviewed with the management team with questions and answers about their previous experiences, desire to work, and duties that would fit well to them.

"I've been teaching for 28 years," said Trisha Quebec, one of job seekers at the fair. "The job fair will give me another great opportunity to pursue my career as an educator."

Successful applicants would be assigned to several different places based on their priorities: Child Development Center, Family Child Care, School-Age Services, Middle School and Teen, Youth Sports and Fitness, School Support Services, and Parent and Outreach Services - all the part of the CYSS team.

According to CYSS, although anyone could apply for the job positions, top hiring priorities, in accordance with civilian personnel policies, were always military spouses and family members of Department of Defense servicemembers.

Being a CYSS service provider pays in several ways. Those who are offered a position may expect to earn between \$10 to \$16 per hour, receive college tuition assistance and a 50% employee discount for CYSS programs.

For additional information, call 738-2311 or any CYS Services Program Manager.



Welcome 'home!'

By Sgt. Hwang Joon-hyun
USAG-Yongsan Public Affairs

So now that you are in Korea, what's the best way to make good use of the time here? USAG-Yongsan Facebook fans have the answers. Find out what more than 2,000 Yongsan community members are talking about by becoming a USAG-Yongsan Facebook Fan at facebook.com/youryongsan!



Natalie Hall-Debose

Facebook Fan

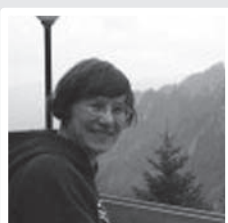
Meet as many people as you can. Your husband or wife will not always be at home there will be days you are home alone, helped me alot to have friends to hang out with. Get out and see the rest of Korea, if you have kids make sure and sign them up for school as soon as you can especially if they are to be in Sure Start.



Michael Nettrour

Facebook Fan

Plenty to do here, you have to get out. Quit thinking that Koreans treat foreigner different. Your are right, they treat you better than they treat fellow Koreans. The subways are easy to ride, and the transit card from the vending machines make it easier.



Mary Ann Lapato Dalzell

Facebook Fan

For DoD Civilians after they attend the Newcomer's Briefing, seek out a civilian who has been here a while to learn the civilian side. Only the military side is given out at the briefing. Also, get an English map of Korea and get out and explore the entire country. If you plan an overnight trip, plan on taking some supplies with you. My husband likes coffee and eggs for breakfast and they are harder to find the further away from Seoul.



Becky Candee

Facebook Fan

Do your best to learn the language and to be the best US Ambassador you can be. Get to know the locals, they are wonderful people. Get out, be active and get to know others in your unit, it helps to make friends and get out together and explore! You have a great opportunity right at your fingertips, why waste time being afraid of what "could" happen.

Garrison honors Yongsan police chief



YONGSAN GARRISON — Garrison Yongsan presented a Certificate of Appreciation plaque to Senior Superintendent Cho Hyun-bai, Yongsan Police Station chief Jan. 20 for providing outstanding support of base security for the U.S. military installations located in the heart of Seoul.

Cho will soon be promoted to work security at the Blue House (the Korean equivalent of the White House).

"I want you to know how much Garrison Yongsan, including myself and Command Sgt. Maj. Ralph Rusch appreciates your professionalism and superb tactical skills which ensure Yongsan's safety," said Garrison Yongsan Commander Col. Dave Hall. "Your performance of duty reflects the outstanding partnership serving to protect and defend the democracy of our nations. Thank you again, and wish you the best of luck." — U.S. Army photo by Pfc. Kim Hyung-joon

Lunar New Year: a timeless tradition



YONGSAN GARRISON — Lunar New Year, or Seollal in Korean, marks the beginning of a year on the lunar calendar, which is based on the phases of the moon. It will take place this year on Feb. 14.

Lunar calendar was predominant in Korea because it gave an accurate indication of the season, essential for its agricultural economy. Lunar New Year was a traditional holiday in which Koreans shared greetings with their families and honor the memory of their ancestors.

Japanese colonial government enforced the use of solar calendar, removing Lunar New Year from recognition. It was seen as patriotic to resist this change and continue celebrating the day. Seollal was resurrected as a national holiday in 1989.

Koreans still honor the tradition by visiting their families. In 2008, nearly 4 million people travelled during Seollal. Be aware that road condition will be "Red" across the peninsula during the holiday, and military vehicles other than those for essential business will not be driven. — U.S. Army photo by Sgt. Hwang Joon-hyun

Commander's Corner

By Col. Dave Hall
Commander, USAG-Yongsan



Scholarship Opportunities

Sul Nal (Lunar New Year) is the second most important Korean holiday after Chuseok (Thanksgiving). Sul Nal is on Feb. 14 and the Lunar New Year holiday is officially observed from Feb. 13-15. Traditionally, during the Lunar New Year holiday, families gather to reaffirm family ties, wish each other good health and fortune, and perform rites to their ancestors. This year, U.S. President's Day also falls on the same weekend that Korea is celebrating Lunar New Year.

Folks, be sure to plan ahead for the busy weekend next week. Expect extremely heavy traffic and long delays. During this holiday period the road condition will be RED. For those on official duty, when a leader deems travel necessary, the trip must be thoroughly analyzed, hazards identified, and steps taken to reduce or eliminate those hazards. For those of us off duty and traveling privately, you should also take extra precautions to make sure your trip is a safe one. If you plan on traveling by car, keep extra blankets, food and water with you just in case you are stuck in traffic during bad weather. If you plan on traveling by air, be sure to give yourself plenty of time to get to the airport and be aware that many countries around Asia will be observing the Lunar New Year, too. That could mean altered public transportation schedules or closed businesses. Be sure to plan ahead so you are not surprised when you get to your destination.

Also, road travel during the holiday can be hazardous. Alcohol is one of the factors in these accidents. With any holiday comes celebrations and with many celebrations comes an increase in the consumption of alcohol. This increase in alcohol consumption will increase the number of intoxicated drivers on the roadways. Driving under the influence of alcohol is illegal, unethical, unprofessional, and extremely dangerous. The Blood Alcohol Content (BAC) limit on and off military installations in Korea is .05% BAC. If you are at an event where alcohol is served, be sure to keep an eye on your buddies and intervene to prevent anyone from drinking and driving – you could save a life. This Garrison has a zero tolerance policy for alcohol-related accidents.

Finally, if you are a leader, please brief your personnel prior to Feb. 10 with a focus on off duty safety, the buddy system, drinking and driving, checking road conditions, weather forecast, and vehicle maintenance prior to making a POV trip.

I encourage all Soldiers, Civilians, and Family Members to go out and experience the wonderful sites and events, the people, land and culture that Korea has to offer. I ask that when doing this every individual keep safety at the forefront of their mind. Make your tour in Korea a time of creating joyous memories and not one overtaken by sadness and tragedy.

FAMILIES

from Page 10

U.S. Army Families participating in the event with his wife, Kowanda and son Iain.


"We consider ourselves lucky to be here and plan to make the very best of our stay," McBride said. "We've been in Korea for about four months and by participating in this host family program we hope to continue exploring Korean culture and share some of these experiences with another family that can give us an even greater understanding and appreciation of Korean history and culture."

U.S. Army Garrison-Yongsan Commander Col. Dave Hall said he was

proud to be part of the program.

"We emphasize the alliance and partnerships all of the time, so it is always encouraging to see families meeting together to strengthen this bond. On behalf of the Garrison, I would like to thank all of the families participating and I hope you will be able to experience and understand each other's culture and maintain close ties well into the future. Dedication like yours is truly what helps make Yongsan a Community of Excellence."


Following the official remarks, families talked over a complimentary lunch and made plans for their next meeting.



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“For us, the Army Family Covenant means better after school programs like dance for me and sports for my brother.”

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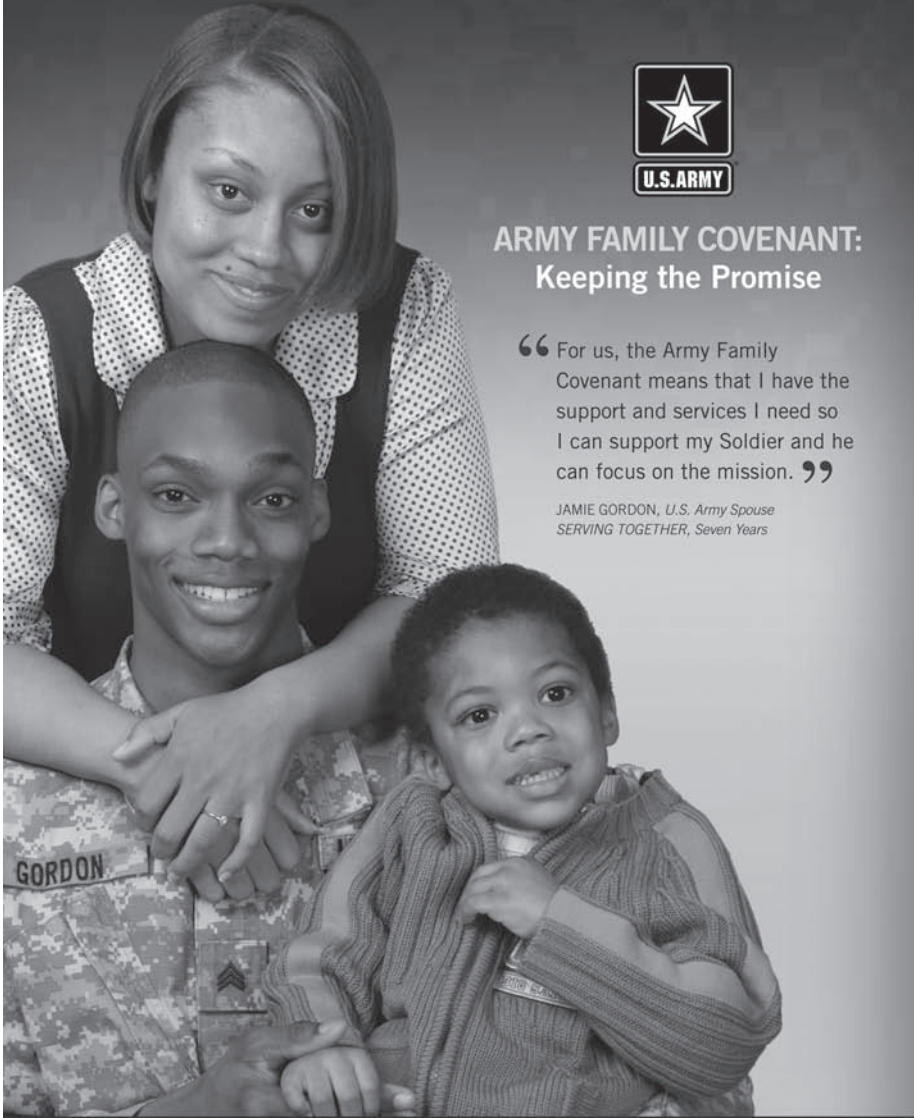
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ARMY FAMILY COVENANT: Keeping the Promise

“For us, the Army Family Covenant means that I have the support and services I need so I can support my Soldier and he can focus on the mission.”

JAMIE GORDON, U.S. Army Spouse
SERVING TOGETHER, Seven Years



It's about honoring our commitment to Soldiers and Families.

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ARMY FAMILY COVENANT: Keeping the Promise

Honoring our commitment to Soldiers and Families

Review upgrades personnel status

By Jim Garamone
American Forces Press Service

WASHINGTON – The Fiscal 2011 Defense Budget Request and the Quadrennial Defense Review look at personnel as a strategic asset, the Joint Staff's director for force structure, resources and assessments said.

Navy Vice Adm. Stephen Stanley spoke during a Pentagon news conference explaining both documents.

For the first time, the Quadrennial Defense Review a congressionally mandated look at the strategic situation facing the Defense Department treated personnel as a strategic asset. The 2011 budget request put money behind that contention.

"Our personnel programs are literally the foundation upon which all capabilities are built," Stanley said. "Without strong personnel, personnel that aren't distracted by family problems, child care concerns, medical concerns, our capabilities are lacking. So this budget reflects that idea."

Preserving and enhancing the all-volunteer force is a priority of the review. "For too long, the health of the all-volunteer forces, the civilian workforce that supports it and the

processes by which the department provides needed equipment and platforms have been underemphasized priorities," according to the review's executive summary.

The review discusses the problems the force has experienced in fighting America's wars repeated deployments, family separation, psychological trauma and so on.

"We recognize that they're a strategic asset to our nation; also that it's an enduring commitment," Stanley said. "And it's not just an enduring commitment to our men and women in uniform today, it's a commitment to our wounded warriors, our fallen heroes and their families, and the families of our men and women in uniform."

The budget calls for a 1.4 percent pay raise -- equal to the full Employment Cost Index -- for both military members and civilians. The budget also calls for commensurate raises in the basic allowances for housing and subsistence.

Health care also is fully funded. There has not been a raise in TriCare co-pays since 1995, but the department still is fully funding the program, but reserves the right to address the situation with Congress later, officials said. DoD's Health Care Program covers 9.5 million eligible recipients.



The Defense Department's Director of Force Structure Navy Vice Adm. Steve Stanley and Under Secretary of Defense Comptroller Robert Hale conduct a press conference to provide an overview of the fiscal year 2011 defense budget request and the fiscal year 2010 supplemental war funding request at the Pentagon, Feb. 1, 2010. – DoD photo by Cherie Cullen

Family support programs are a big winner in the budget with \$8.1 billion. This includes funds for child support and youth programs, spouse employment, and commissaries. Also, the DoD Education Activity gets an increase along with a big plus up for school building projects.

"A number of our schools are very significantly in need of maintenance," Stanley said. "This adds considerable funding to fund about half of them over this next five-year period. So it's a very important program for our families and children."

Discover Korea

Videos, photos, news and more at <http://imcom.korea.army.mil>



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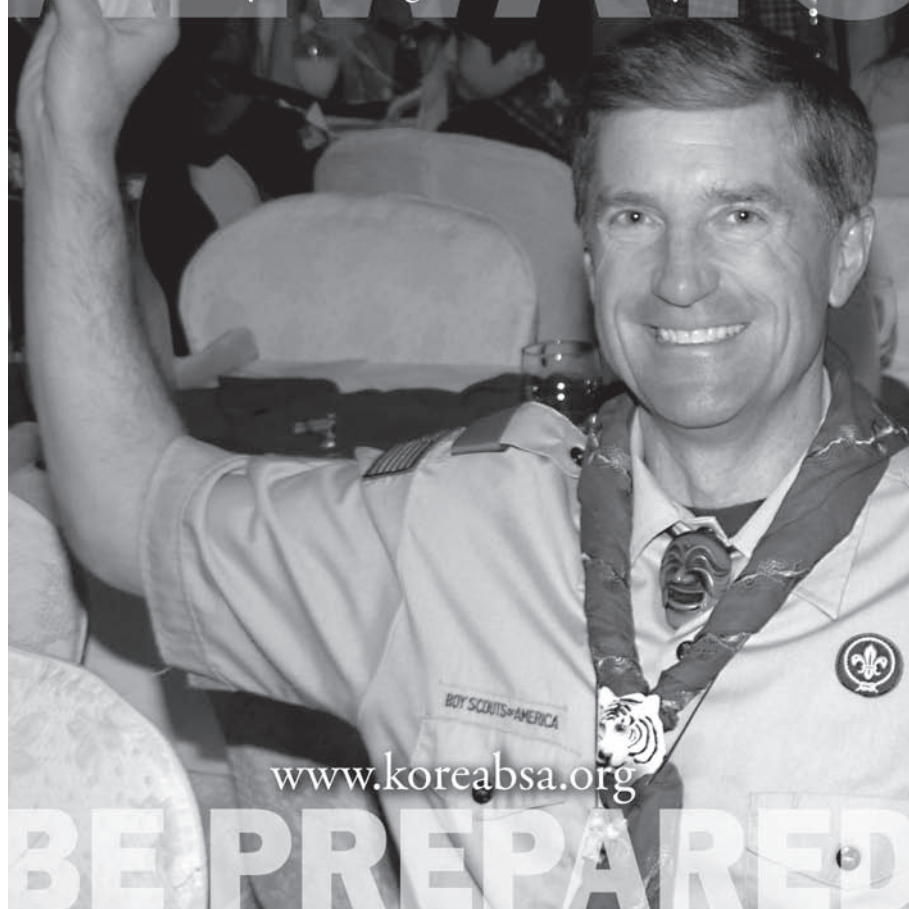
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Army Family Team Building helps Families adapt



Regeina Grubbs, Army Family Team Building program manager, prepares for volunteer orientation given twice a month at the Yongsan Garrison ACS building. – U.S. Army photo by Pfc. Park Kab-rock

By Tammy Melvin
Special to the Morning Calm

YONGSAN GARRISON — As a spouse or Family Member new to military life, one can be easily overwhelmed with their change in status, living arrangements and the demands of their spouse’s job. The Army Family Team Building program located in ACS, helps Families adapt to Army life by providing training and information about the resources available to Soldiers and Army Family Members.

“AFTB is designed by Army spouses for Army spouses. It is training that will help educate and empower our Families to not only understand but thrive as an Army Family.” says Regenia Grubbs the acting AFTB Program Manager. “To me AFTB is special, not just because it gives us such great information, but because of the bond that forms with all who are involved in the program. You cannot place a value on being in a class of other spouses and realizing that your challenges are shared by others.”

The volunteer-led program is divided into three levels of training. When or where a Family

Member enters into AFTB training is based on his/her experience or choice of course enrollment, not rank or grade of sponsor. “Level I is basic Army information, with topics such as Military Benefits and Entitlements, Acronyms and Terminology, Military Customs and Courtesies and a great deal more. This level is the day to day stuff that helps us understand some of what our Soldiers are talking about and helps Families become more self reliant. Levels II and III are designed to develop and grow our leadership and management skills with classes that include Conflict Resolution, Time Management and Stress Management.” adds Grubbs

The AFTB training is also offered in Korean for new Korean spouses. The Army Family Team Building Program is currently looking for volunteers to conduct classes. All course materials are provided with a complete, step-by-step outline on how and what to teach including training handouts and class involvement ideas.

To contact the AFTB e-mail yongsanaftb@gmail.com or call DSN 738-7510 or from off post 0505-738-7510.

Protecting your personal information

By 1st Signal Brigade
Special to the Morning Calm Weekly



YONGSAN GARRISON — The social security number is probably the most important piece of information to protect. Organizations must implement a plan to reduce and eliminate the unnecessary use of the full social security number.

The Federal agencies must participate in government-wide efforts to explore other options instead of usage of social security numbers as personal identifiers for both federal employees and federal programs. Supervisors and employees with access to PII must complete Privacy Act training at least annually after which employees must sign a document to verify they have completed this requirement. Most of the incidents of lost or compromised sensitive data within the federal government result from human error and other problems internal to that agency, not external attacks. To prevent internal problems that can result in compromised data, the e-Government Act of 2002 and the Office of Management & Budget Memorandum requiring agencies to submit a Privacy Impact Assessment. When PII is lost or stolen, this is considered a breach in security. To limit the potential damaging effect s of a PII breach, your organization must have a policy in place to handle the breach, including notifying

those individuals who are considered at risk for identity theft. Organizations must determine when a breach requires notification as well as how and to whom notify. Using the best judgment depends on the context. When a loss, theft, or compromise of PII occurs within the DoD, the breach must be immediately reported to the organization’s security point of contact. DoD requires that lost or stolen PII must be reported within one hour to the United States Computer Emergency Response Team within 24 hours to the Senior Component Official for Privacy; and within 48 hours, by the Senior Component Official for Privacy, to the DoD Privacy Office.

Next Week, the final installment on PII



Spirit Warrior 2010

Korea’s annual men’s conference

Open to all 13 and over men, young or just young at heart. US Citizens and Korean National men with access to the military installations are welcome to attend. Guests are also welcomed, but must be properly escorted by their sponsor in accordance with USFK regulations.

Activities start Friday evening, Feb. 5 at 5 p.m. for registration, dinner and other events that will continue until about 9 p.m. The conference continues the next morning, Saturday, Feb. 6 at 7 a.m. with breakfast and an exciting schedule throughout the day which includes praise, worship, lunch and fellowship which should conclude by 4:30 p.m.

The conference will be held at the South Post Chapel, USAG-Yongsan, Seoul. For those not familiar with Yongsan, they are located just across the street from the Dragon Hill Lodge.

Register online at <http://www.motmc.org> and click on the Register Spirit Warrior Link.

You are encouraged to come Friday evening and all day Saturday but if you come late or leave early that is OK.

If you have any questions please don’t hesitate to e-mail one of the POC’s below;

Tommy Kramer
KramerT@korea.army.mil

Kevin Shanahan
Kevin.shanahan@korea.army.mil

Ken Bakameyer
Ken.bakameyer@pac.dodea.edu

Area I Worship Schedule	Area II Worship Schedule	Area III Worship Schedule	Area IV Worship Schedule
<div>Protestant Services</div> <div><div>Collective</div><div>Sunday1000Stone Chapel</div><div>Sunday1000Stanley Chapel</div><div>Sunday1000West Casey Chapel</div><div>Sunday1100Warrior Chapel</div><div>Sunday1100Crusader Chapel</div><div>Sunday1100Hovey Chapel</div><div>Gospel</div><div>Sunday1100Casey Memorial Chapel</div><div>Sunday1230Camp Stanley Chapel</div><div>COGIC</div><div>Sunday1230CRC Warrior Chapel</div><div>KATUSA</div><div>Sunday1900CRC Warrior Chapel</div><div>Tuesday1900Camp Stanley Chapel</div><div>Tuesday1800Camp Castle Chapel</div><div>Tuesday1830Casey Memorial Chapel</div><div>Tuesday1830Camp Hovey Chapel</div><div>Catholic Services/Mass</div><div>Sunday1130Camp Stanley Chapel</div><div>Sunday0900CRC Warrior Chapel</div><div>Sunday1200West Casey Chapel</div><div>Sunday0930Camp Hovey Chapel</div><div>Jewish</div><div>Friday1830West Casey Chapel</div></div>	<div>Protestant Services</div> <div><div>Collective</div><div>Sunday0930Brian Allgood Hospital</div><div>Sunday1030K-16 Chapel</div><div>Sunday0800Memorial Chapel</div><div>Contemporary Sunday0930South Post Chapel</div><div>Sunday1100Hanam Village Chapel</div><div>Non-denominational</div><div>Sunday1100South Post Chapel</div><div>Sunday1230South Post Chapel</div><div>Gospel</div><div>Mision Pentecostal Hispana</div><div>Sunday1430South Post Chapel</div><div>Sunday0910Hannam Village Chapel</div><div>Korean</div><div>United Pentecostal</div><div>Sunday1330Memorial Chapel</div><div>KATUSA</div><div>Tuesday1830Memorial Chapel</div><div>Seventh-Day Adventist</div><div>Saturday0930Brian Allgood Hospital</div><div>Early Morning Service</div><div>(Korean) Mon-Sat0510South Post Chapel</div><div>Episcopal</div><div>Sunday1000Memorial Chapel</div><div>Catholic Services</div><div>Catholic Mass</div><div>Saturday1700Memorial Chapel</div><div>Sunday0800South Post Chapel</div><div>Sunday1130Memorial Chapel</div><div>Mon/Wed/Thur/Fri1145Memorial Chapel</div><div>1st Sat.0900Memorial Chapel</div><div>Jewish</div><div>Friday1830South Post Chapel</div></div>	<div>Protestant Services</div> <div><div>Collective</div><div>Sunday1100Freedom Chapel</div><div>Sunday1100Suwon Air Base Chapel</div><div>Gospel</div><div>Sunday1300Freedom Chapel</div><div>Church of Christ</div><div>Sunday1700Bldg. 558, Room 206</div><div>Contemporary</div><div>Sunday1700Freedom Chapel</div><div>KATUSA</div><div>Tuesday1900Freedom Chapel</div><div>Korean</div><div>Wednesday1930Freedom Chapel</div><div>Catholic Services</div><div>Mass</div><div>Daily1145Annex 2 Chapel</div><div>Sunday0900Freedom Chapel</div><div>Sunday1500Suwon Air Base Chapel</div><div>Jewish</div><div>Every 2nd Friday1830Annex 2 Chapel</div></div>	<div>Protestant Services</div> <div><div>Collective Protestant</div><div>Sunday1000Camp Carroll</div><div>Sunday1030Camp Walker</div><div>Sunday1700Camp Walker</div><div>Gospel</div><div>Sunday1215Camp Walker</div><div>Contemporary</div><div>Wednesday1900Camp Carroll</div><div>Friday1900Camp Walker</div><div>Korean</div><div>Tuesday1900Camp Carroll</div><div>Wednesday1830Camp Walker</div><div>Catholic Services</div><div>Mass</div><div>Sunday0900Camp Walker</div><div>Sunday1145Camp Carroll</div><div>Saturday1700Camp Walker</div></div>

The Command Chaplain's Office is here to perform, provide, or coordinate total religious support to the United Nations Command, U.S. Forces Korea and Eighth U.S. Army Servicemembers, their families and authorized civilians across the full spectrum of operations from armistice to war.

Visit the U.S. Forces Korea Religious Support site at:
<http://www.usfk.mil/usfk/fkch.aspx> for helpful links and information.



Korea-wide Army chaplain points of contact			
<div>USAG-Yongsan Chaplains</div> <div>Chaplain (Lt. Col.) Jeffrey D. Hawkins: jeffrey.d.hawkins@us.army.mil, 738-3009</div> <div>Chaplain (Maj.) Terry E. Jarvis: terry.e.jarvis@korea.army.mil, 738-3917</div> <div>Chaplain (Maj.) Daniel E. Husak: daniel.husak1@us.army.mil, 736-3018</div>	<div>USAG-Humphreys Chaplains</div> <div>Chaplain (Capt.) Anthony Flores: Anthony.wenceslao.flores@korea.army.mil, 754-7042</div>	<div>USAG-Red Cloud/Casey</div> <div>2ID Chaplain (Lt. Col.) Jonathan Gibbs: jonathan.gibbs@us.army.mil, 732-7998</div> <div>Red Cloud Chaplain (Lt. Col) David Acuff: david.acuff@korea.army.mil, 732-6169</div>	<div>USAG-Daegu Chaplains</div> <div>Chaplain (Lt. Col.) Kwon Pyo: Kwon.pyo@korea.army.mil, 764-5455</div> <div>Chaplain (Capt.) Billy Graham: billy.graham@us.army.mil, 765-8991</div>

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BOSS tour unmask Korean culture



U.S. Army Garrison-Yongsan's Better Opportunities for Single Soldiers program's city tour sends 30 soldiers from the 532 Military Intelligence Brigade to Hongdae Jan. 18. Hongdae is an area known for its cultural depth. The soldiers watched traditional Korean performances, experienced food, and dressed up in costumes. They also visited the Noryangjin fish maket, which has been selling fresh seafood to the population in Seoul for 79 years.
— U.S. Army photos by Yun, Ho-sung



U.S. ARMY KOREA

INSTALLATION MANAGEMENT COMMAND



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Kagnew veterans share memories of Korean War

By Rick Scavetta
U.S. Army Africa

ADDIS ABABA, Ethiopia — U.S. Army Africa officers assigned to the Ethiopian Defense Command and Staff College (EDCSC), recently spent an afternoon with veterans of the Kagnew Battalion — an Ethiopian unit that fought alongside U.S. troops during the Korean War.

Meeting with members of the Ethiopians' Korea War Veterans Association was the start of a friendship that will continue to grow, said Lt. Col Randy Torno, who helped organized a tour in early November of the veterans museum and memorial, tucked inside a park within the Ethiopian capital.

Torno and a team of U.S. Army officers teach at the EDCSC and mentor Ethiopian military instructors. The break from the classroom offered the U.S. Soldiers a glimpse at an often forgotten chapter in military history, Torno said.

"It's an honor to meet the men who fought alongside our Soldiers in Korea," Torno said. "Our discussions with the Korean War veterans will directly apply to the strategic coursework in the classroom."

In 1951, the United Nations formed a coalition to fight against communist North

Korean and Chinese forces on the Korean peninsula. The Kagnew Battalion was comprised of then-Emperor Haile Selassie's personal body guards. During three years in combat, three Kagnew battalions served in Korea. Another arrived following the cease fire.

Ethiopian troops fought alongside the U.S. Army's 32nd Infantry Regiment, under the 7th Infantry Division, taking part in hundreds of battles to include action in the Iron Triangle and the fight for Pork Chop Hill. During the war, 122 Ethiopian troops died and 526 were wounded in action.

"This was a fantastic opportunity to meet face to face with Ethiopian soldiers who were there on the ground, fighting as part of a coalition sixty years ago — here they are, telling us their personal stories," said Lt. Col Brendt Vitale, who took part in the visit.

Yilma Belachew, a Kagnew battalion captain, said he was happy to see a group of American officers interested in the veterans' association and was eager to hear of the U.S. Army Africa's current mission to mentor Ethiopian officers in military strategy.

"It's great because an old friend is always a good friend," Belachew said. "So, I'm glad that Americans came to our country. I hope they will do a lot and build another part of history."



In June 1950, when the Korean War began, the U.N. built a coalition to fight against communist North Korean and Chinese forces. Haile Selassie, then emperor of Ethiopia, is said to have formed the Kagnew Battalions from his personal bodyguards. During the war, three Kagnew battalions served in Korea. Ethiopian troops sailed from Djibouti, training shipboard during the three-week journey. At Pusan, they were attached to the U.S. 7th Infantry and the 32nd Infantry Regiment. — U.S. Army photo by Rick Scavetta



Change of Venue

**2010 INBF & U.S. Forces Pacific
Bodybuilding & Figure
Championships
Feb. 6, 2010, 6 p.m.**

**John Wood Memorial Theater
Moyer Community Center
Yongsan Garrison**

Job Opening for Overseas Adjudication Specialist

U.S. Embassy Seoul is looking for an U.S. citizen individual for the position of Overseas Adjudication Specialist in the US Citizenship and Immigration Services office.

Interested candidates should visit http://seoul.usembassy.gov/job_openings.html for details.

Applications will be accepted until 5:00 p.m. on Tuesday, Feb. 9, 2010.



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SGT Brittany Raine

Sergeant Raine is known to ask, "Who wants to build a house and help this family?" As a representative of Better Opportunities for Single Soldiers (BOSS), Raine organizes recreational activities and rallies Soldiers to volunteer for organizations such as Habitat for Humanity. Driven by her belief that a strong community makes a strong Army, SGT Raine leads Soldiers to give back to their communities. She explains, "I'm proud of my service in Iraq, but I'm really glad to be able to help out right here in my community."

The Nation's strength starts here.

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- NUMBNESS OR TINGLING
- BLEEDING OR BLISTERED
- GRAY, WAXY FEELING OR "WOODEN" TO THE TOUCH
- DIZZINESS, WEAKNESS OR BLURRED VISION
- VIGOROUS SHIVERING
- LACK OF COORDINATION AND IMPAIRED JUDGMENT
- PAINFUL, RED, WATERY OR GRITTY FEELING IN THE EYES (SNOW BLINDNESS)

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THE ARMY FAMILY COVENANT: WHAT IT MEANS TO SINGLE PARENTS

- ★ Enhanced Quality of CYS Programs
- ★ Eliminated CYS registration fees
- ★ Increased Respite Child Care
- ★ Improved Medical Care
- ★ Created Army OneSource website to provide support for geographically dispersed youth
- ★ Created tools to help fund off-post housing during transition and/or separation periods
- ★ Established improved Deployment Cycle Support
- ★ Increased construction of new CYS facilities
- ★ Mitigates effects of deployment on children



SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS

ARMY STRONG.SM



Females strengthen bonds, camaraderie

By Pfc. Michael Vanpool
35th Air Defense Artillery Brigade Public Affairs

OSAN AIR BASE — On the battlefield, Soldiers are trained to always be alert to ensure the safety and well-being of their battle buddies.

The welfare of Soldiers is passed down from senior leaders to newer Soldiers to avoid mistakes from being repeated.

With females being a minority in the U.S. Army, leaders are providing the female Soldiers, both junior and senior, opportunities to help each other both on and off the battlefield.

The female mentorship program for the 35th Air Defense Artillery Brigade gives a forum where female Soldiers can interact and communicate with each other.

"It is an opportunity to make a positive impact on the next generation of leaders while maximizing one's own potential as a leader," said Sgt. 1st Class Monica M. Bell, the equal opportunity advisor for the 35th ADA Brigade.

Bell meets with Soldiers of the 35th ADA Brigade at Osan Air Base, Camp Carroll and Suwon Air Base and encourages them to continue the interaction with each other outside of the meetings.

"There are a lot of things going on with the females here, but we need to get them to communicate," said Bell.

The females in the meetings come from different backgrounds and locations, but they share one similarity.

"We, as females, have one thing in common," said Bell, "and that's that we wear this Army uniform. We are all female Soldiers, and we need to stick together and



Sgt. 1st Class Monica M. Bell, the equal opportunity advisor for the 35th Air Defense Artillery Brigade, listens in as female Soldiers of the 35th ADA share their stories. — U.S. Army photo by Pfc. Michael Vanpool

be there for each other."

The importance of building personal and professional relationships is stressed to maintain morale and emotional well-being.

"Every relationship needs to be built on trust or it won't be a healthy relationship, whether a marriage or a relationship in the military," said Chaplain (Lt. Col.) William T. Barbee, the 35th ADA Brigade chaplain.

During the meetings she organizes with the female Soldiers, Bell uses hands-on demonstrations to share lessons with the

group. In one of the activities, she tells the Soldiers to complete a puzzle together in less than two minutes. However, Bell removed some of the pieces to teach them a lesson about themselves.

"In life, sometimes you're missing pieces of the puzzle," said Bell. "What made you give up, or what made you continue to work on the puzzle knowing pieces were missing?"

Bell leads the females in sharing life stories as a means of strengthening the bonds between them. Through the interactions during the formal meetings, the Soldiers

are more likely to meet casually and build relationships outside of the meetings and work.

"The official meetings open the lines of communication between all facets of our organization and identifies and develops the future leadership of our Army," Bell said.

The female mentorship program opens the door for many Soldiers to become friends and better comrades and lead the next generation of Soldiers.

"We're overseeing the program," said Barbee, "but anyone can become a mentor."

Soldier Spotlight

Young Soldier hopes his dream comes true in the Army

By Cpl. Ju-ho Ma
2nd Combat Aviation Brigade Public Affairs

HUMPHREYS GARRISON — Pvt. David Nivens, who works at the supply shop with Headquarters and Headquarters Company, 2nd Combat Aviation Brigade, may not be the perfect Soldier to give other Soldiers lessons about life in the Army.

He is only 18, and it's been only a couple of months since he arrived in this unit, his first station.

But he still is a fine Soldier, according to Pvt. Gary Wielenbeck, who works with him in the supply shop.

"He is kind of new here, but he always works hard, and tries to learn things from his NCOs and other Soldiers," said Wielenbeck. "I believe he will make a good Soldier."

Nivens joined the Army last June, as soon as he graduated from high school.

"To be honest, I can't say that it (joining the Army) was what I had always dreamed of," said Nivens. "I wanted to go to college and study, but my mom said she wouldn't pay for it. I had no choice but to join the Army at that time."

After basic and advanced individual training, he arrived to USAG-Humphreys

and joined 2nd CAB last November.

"I quite enjoyed basic training," said Nivens. "Of course it was hard, but at the same time, it was so much fun and I had a good time. I didn't have any problem there."

But life in his new unit and in Korea was not as easy as he expected to be.

"It's really cool and fun here in Korea, but there are a lot of things to be taken care of...I'm trying, and I'm getting better and better," said Nivens.

Like many other young Soldiers, he likes to go out and hang around with his buddies.

"Maybe that's why I find it difficult to wake up early," Nivens joked. But he hasn't had any problems waking up so far.

"I know many Soldiers have drinking problems, especially here in Korea, but I believe they could make the right decision," said Nivens.

"I wanted to go to college before I joined the Army, so I'm thinking of taking several online courses while I'm here," he said. "I think it's a great opportunity for Soldiers like me who wanted to, but didn't get a chance."

Growing up in Austin, Texas, with



Pvt. David Nivens arranges supplies and equipments at his supply office of Headquarters and Headquarters Company, 2nd Combat Aviation Brigade. While working in his shop, he also tries to work on his college courses to make his dream come true.

— U.S. Army photo by Cpl. Ju-ho Ma

his mother and three sisters, he went through hard times, but Nivens think those experiences at an early age gave him the strength to stand up on his feet.

"They (hard times) weren't all that bad, because I got tougher going through it," said Nivens. "I don't think I've changed a lot — yet."

News & Notes

Korean-American Friendship music class
Starting Feb. 4, there will be a Korean-American Friendship music class every Thursday during the month of February. The class is in the CAC from 7 - 8 p.m. and is free. Four traditional instruments will be taught to students. For more information, call 754-5875.

Home school Mom's Support group
The next Home school Mom's Support group meeting will be Feb. 8 from 6:30 – 8:30 p.m. in building 511, apartment 604. The discussion topic for the meeting will be "How to Home school Your Child With Love." For more information, call 010-3187-1196.

Sesame Street USO Experience
This free traveling show features five of America's favorite Muppets and performs Family-friendly shows tailored for military Families. There will be two shows Feb. 9 at the Community Activity Center; the first show starts at 4 p.m. and the second show at 7 p.m. For more information, call 753-8825.

Parenting – Ages and Stages class
Humphreys' Family Advocacy program is hosting a Parenting 5 – 12 year olds class Feb. 10 at 3 p.m. in the Army Community Service building, 311. For more information, call 753-3742 or 753-6252.

Employment Readiness program update
There's a professional development program being offered by Humphreys' Employment Readiness program Feb. 12 at 1 p.m. in the Family Readiness Center. The program is designed to build career skills such as positive communication skills, customer service, networking, dressing for success and more. For more information, call 753-8321.

Joint Services Blood Drive
The 95th Blood Support Detachment is hosting a Joint Blood Service Drive with the Armed Service Blood Bank Center Feb. 24 in the Super Gym from 11 am. – 6 p.m. The blood collected during the drive provides life-saving blood products to the U.S. Naval Hospital, Okinawa, as well as to Soldiers and their Family Members and deployed units throughout Pacific Command. For more information, call 753-3635.

Exceptional Family Member program update
Army Community Services Exceptional Family Member program hosts several support groups each month: the ADHD support group meets the second Tuesday of each month from 12 – 1 p.m.; Autism and Asperger Disorder support groups meets second Tuesday of each month from 1 – 2 p.m.; Asthma support group meets the second Tuesday of each month from 2 – 3 p.m. and the Cancer support group meets second Tuesday of each month from 3 – 4 p.m. All groups meet in the Family Readiness Center. For more information, call 753-3271 or 753-8401.

Directorate of Public Works update
The next Real Property Planning Board is scheduled for March 2010 at a date to be determined. This is a project call to submit Soldier's, Family Member's and Civilian's quality projects to go before the board for approval and funding. Requests should be forwarded to the Directorate of Public Works on a Facility Engineer Work Request DA Form 4283. For more information, call 753-3341.

We want your stories!
We want to publish your stories and photos in the Morning Calm Weekly. Call 754-6132 for more information.

Volunteers recognized, lauded for their contributions



Col. Joseph P. Moore, USAG-Humphreys commander, presents Capt. Maurice Mckinney, 557th Military Police commander, with a guidon streamer for his unit's achievement of the most volunteer hours for a unit from October - December 2009. — U.S. Army photo by Sgt. Kelly Lowery

By Lori Yerdon
USAG-Humphreys Public Affairs

HUMPRHEYS GARRSION —
USAG-Humphreys recognized its Volunteers of the Quarter at the quarterly Town Hall meeting here Jan. 26.

Garrison commander Col. Joseph P. Moore presented certificates and awards to four individuals in recognition of their contributions to their community.

The following are the volunteers of the first quarter, in their respective categories:
Youth recipient – Syerra Dobson, Active Duty – Spc. Michael Geraghty, Family Member – Crystal Christian and Retiree – John Jones.

557th Military Police Company was recognized for having the most volunteer hours for a unit from October – December 2009.

Company commander Capt. Maurice

Mckinney accepted a guidon streamer and a trophy for his units achievement.

“These individuals do a wonderful job that impacts our quality of life,” said Suzanne James, Army Community Service director.

To learn more about volunteer opportunities on USAG-Humphreys, contact Denise Chappell at 753 – 3266 or by e-mail at: denise.r.chappell@korea.army.mil.

Humphreys American School names first Semester honor roll students

By Lori Yerdon
USAG-Humphreys Public Affairs

HUMPRHEYS GARRSION —
Humphreys' American School named its first semester honor roll students during a ceremony here today.

The following are the students recognized during the ceremony sponsored by the HAS Student Council and teachers.

Congratulations to the following students for their accomplishments:

Principal's Honor Roll (4.0 grade point average)

6th Grade

Gina Arnold, Sydnie Corlew
Melvin Gomes, Morriah Grauer
Ashton Harlan, Mirae Heo
Mark Horton, Eunice Hwang
Kevin Kim, Felicia Lozinski
Anne Moore, Dominic Perez
Stephen Richardson, Kianna Snape

7th Grade

Luis Enrique Love, Kaitlyn Macalintal

8th Grade

Stephen Corlew, Emily Cox
Hannah Davis, Nelson Gomes
Joshua Harlan, Arthur Mills
Kayla Pickett, Soo Yun Rhee
Machala Swickard

High Honor Roll (3.5 – 3.99 grade point average)

6th Grade

Leslie Hardy, Brian Huynh
Maliki Smalls, Vanessa Ingram
Joseph Turville, Joshua Aulds
Aaron Cotton, Angelica Gomez
Robert Haas, Elise Johnson
Ethan Mejia, Allen Mills
Robert Paul, Mordecai Choi

CJ Harker, Christien Ozores
Michael Popp, Kristin Smith
Kihja Windsor, Kelvin Robihid
Kenneth Musselwhite

7th Grade

Kendra Berry, Von Joshua Matheny
Saadiq Phillips, Erik Rude
Lemuel Travis, Genelle Acuna
Sarah Cook, Brandon Huynh
Kyle Maurice Mckinney, Montavia Brooks
Syerra Dobson, Yun Jang
Cristian Mejia, Alexandria Munns
John Nichols, Daniel Song
Iman Wilson

8th Grade

Soo Min Woo, Samantha Belanger
Katy Hylton, Christopher Tolentino
Abrian Benjamin, Sol Kovacs
Victoria Moreno, Gescille Acuna

Honor Roll (3.0 – 3.49 grade point average)

6th Grade

Coleen De Guzman, Hunter Herring
Xavier Klimek, Darron Miller
Faisaun Pharr, Jerissa Ruiz
An Kovacs, Juel Lamberth
Olivia Hancock, Kevin Searl

7th Grade

Ashley Brown, Paige Crofford
Levi Hardy, Jeffrey Johnson
Benjamin Snow, Joanna Diaz
Ciara Florence, Chase Lee
Alex Saucedo, Isaiah Clayton
Daniel Herrera, Jose Lopez
Jason Pinckney

8th Grade

Amy Burger, Jasmine Patterson
Krizha Robihid, Dayjah Tull
Timothy Burke, Noah Hill
Andrew Schmeltz, Autumn Meierle
Wardell Turner

Honor Roll (all As)

4th Grade and 5th Grade

Felipa Benjamin, Larry Clarke*
Felipe Del Mauro, Andrew Doddleston
Christina Durham*, Tianna Farrow
Hailey Galyon, Jackson Hill
Garey Hindman*, Jay Jordan*
Sierra Julian, Yeo-rae Kim
Alexandria Klimek, Sarah Jane Levine
Rachel Macalintal*, Christina Mann
Nathan Marinko, Sarah Moore*
Jessica Schell, Isaac Song
John Stadler, Gabrielle Stephen
Ryan Tillery, Cherish Travis
Lance Travis*, Adrian Wilkins
Sydney Wilson*

A/B Honor Roll

4th Grade and 5th Grade

Caitlin Bain, Sara Bellemeur
Felipa Benjamin, Vincent Boyer
Joshua Brown, Esther Choi
Victoria Deboer*, Aidan Dufort
Gabrielle Evans, Tia Farrow
Tianna Farrow, Charles Graham
Tristan Hardin*, Sarah Herrera
Jackson Hill, Percy Humphrey
Mark Ivantchencko, Myah Jennrich
Sierra Julian, Rebecca Kemp*
Kenneth Kim*, Alexandria Klimek
Avanti Lauzon, Malik Mack*
Christina Mann, Samuel Martinez*
Benjamin Rakoczy, Jordan Rush
John Salas, Jessica Schell
Ema Schmeltz*, John Stadler
Aeron Stahl, Gabrielle Stephen
Cynthia Stokes*, Raquel Swickard
Ryan Tillery, Joel Tinsley
Caroline Toepfer*, Timir Toney
Rhianna Turville, Julian Totton
Cherish Travis, Kyira Vizcarrondo
Mitchell Welborn, Matthew Whiting

* - Indicates achievement in both quarters

Five tips to improve your two-mile run time

By Dave Elger
Area III Health Promotion Coordinator

HUMPHREYS GARRISON — Looking to improve that two-mile time at your next Physical Fitness Test? Chances are you need to not only work harder, but also smarter! Here are five ways that you can become a better runner.

You need several weeks in a row of consistent, aerobic conditioning. Extended breaks from your training (longer than three days!) do nothing except slow you down. Your running or cross training should total a minimum of 125 minutes per week (approximately three miles at 10 min pace done four to five times per week!) What's important during this initial phase is distance, so don't worry about pace.

As your fitness test approaches (six to eight weeks before), incorporate interval training one day per week. Your intervals should be run at or slightly faster than your two-mile goal pace, ideally no shorter than 400 meters. For example, if your goal is to run under 18 minutes, then your first workout might be 6 x 400 meters in 2:00-2:15 (eight – nine minute mile pace). Take a long rest (up to two minutes) between each 400. You only need to do this work out once per week while continuing your moderate-paced base aerobic conditioning on the other days. Your secondary goal for this workout is to try and run each interval within two-three seconds of each other. These intervals do not necessarily improve your raw speed - they are designed to help you maintain your pace for a longer distance. Run the first one too fast and chances are high that you won't even be able to finish the workout!

Follow a progression. There are four ways to make your interval workouts more challenging. First, increase the number of



Soldiers can improve their two-mile run time and overall fitness by following a few tips from the Health Promotion Coordinator. To learn more, call 753-3253. — *Courtesy photo*

intervals. You can go up to 8 x 400 meters, or two miles run at or under your goal pace (with rest periods in between). Second, decrease the rest interval from two minutes down to 90 seconds, and finally one minute. Third, increase the length of each interval. Once you can do two miles of 400 meter repeats with only 60 seconds rest in between, try doing 4 x 800s at the same pace. Finally, the fourth and last way to make it tougher is to run them at a faster pace. The idea is to continually challenge yourself as your fitness level improves.

Go spinning. Spinning classes offer an alternative high intensity workout done on a stationary "spin bike." Adding two spin classes per week will give your aerobic capacity an added boost without the pounding you get from running. This is especially important if you are carrying extra weight.

Plan your recovery. You want to be well-rested before your intervals or two-mile time trials, so the time to take it easy are the days before those hard workouts, doing nothing more than easy jogging. Make those hard

runs really count!

So there you have it, five ways to improve your running.

For additional information on how to be a better runner, contact Health Promotion at the USAG-Humphreys Medical clinic by calling 753-3253.

Editor's Note: Dave Elger was a two-time All-American distance runner for the University of Wisconsin-Stevens Point and is a member of the Athletic Hall of Fame. His best indoor two-mile is 9:25.

Busy week for HAS students, teachers and parents



Humphreys American School Parent, Teacher, Student Organization hosted a chili night during a fundraiser here Jan. 28. The PTSO served over eight different types of chili and the school's student council sold baked goods. — *U.S. Army photo by Lori Yerdon*



The Drama Club hosted an evening of Three One act plays Jan. 29 in the school cafeteria. Students preformed "Un-Identical Twins," "Take Your Kid to Work Day" and "How to be Popular in 10 Days." Before the plays began, the Guitar Club played for the audience. — *U.S. Army photo by Lori Yerdon*

Transportation Specialist wraps up 50 years of service without a single regret

By Mary Grimes
USAG Daegu Public Affairs

CAMP CARROLL — What began as a mere suggestion from a friend will soon become for Yang Chun Choe, USAG Daegu, DOL, Transportation Motorpool, Camp Carroll, what many may long regard as a lifetime commitment. After serving with the U.S. Government in Korea, for more than 50 years, the spry elderly gentleman will soon put his transportation career in park.

Currently serving as a technical advisor to the Transportation Officer on matters pertaining to the transporting of passengers and cargo, Choe joined the USFK workforce more than five decades ago when a friend, hearing that he was looking for a job, advised him to seek employment with the U.S. “I was looking for a job while I was still attending an evening college, and one of my friends told me that working on the U.S. installation would be good for me—especially since I had learned the English language a little from college, which in those days was very uncommon.

“I took his advice. I had a shot at a position that was in the supply section. I applied for it and they accepted my application. That was in 1958. From that time until 1972, I worked for the U.S. Army at Camp Market in Incheon. I began my first job as a supply specialist immediately after the Korean War. I was 18 years old.”

While Choe has many fond memories of his experience with the U.S. Army in Korea, he admits that he never anticipated his good fortune would last for as long as it did. He said, “Seriously, I never expected to work with USAG for all these years. I was sometimes struck with anxiety that the U.S. Army would leave the Republic of Korea or there would be a reduction of USFK Forces while I was working here. This was especially true in the early years when Korean employees called themselves ‘mayflies.’ Also, along the way there had been some layoffs. So, I have to say that I was very fortunate to have stayed with USAG until now.”

The transportation specialist said that over the years, there have been many people that have made a lasting impression on him. He said that he attributes his lifetime in Waegwan to, Mr. Dalton, his first boss. “I have worked for a total of eight transportation officers since coming to Camp Carroll, but it was Mr. Dalton



(TOP) Col. Eugene L. Stillions is seen in this 1973 photo presenting Yang Chun Choe with a Letter of Appreciation in an on-the-spot ceremony at what was then called Camp Carroll Depot. Col Stillions was the Camp Carroll Commander during this period.

(BOTTOM) Known for his outstanding on the job performance, Yang Chun Choe is again in the center of high praise as he receives the Commanders Award for Civilian Service during a recent ceremony at Camp Walker's Kelly Gym. USAG Daegu Cdr., Terry D. Hodges, and CSM David R. Abbott presented the award to Choe who retires this month after 50 years of continuous service in the field of Transportation and Logistics. — U.S. Army Official Photos

who had worked with me in Incheon. So, when he transferred to Camp Carroll, I came along with him. I'd have to say he is the reason I ended up in Daegu,” explained Choe.

Mixed with those positive memories Choe also has recollections of sorrow and loss. “In 1980, my supervisor, Mr. Minor passed away. I remember arriving at work first thing in the morning, and at that time received the news that he had died suddenly

of heart failure. As his friend and colleague, I helped his family arrange for his funeral here in Korea. That was a difficult time. I won't forget it,” expressed Choe.

With more than a half of century of service behind him, Choe is more than capable of addressing the many changes USAG and Area IV have undergone. He said, “Since I first came to USAG, the

— See MR. CHOE on Page 28 —

Tax center opens on Camp Henry

By Mary Grimes
USAG Daegu Public Affairs

CAMP HENRY — Sunshine and blue skies helped usher in the availability of income tax filing services, when the Camp Henry Tax Center opened its doors Feb. 1. The ribbon-cutting ceremony, which was held in Building 1685 (Finance Building), attracted such guests as USAG Daegu Cdr., Col. Terry D. Hodges, and Lt. Juan A. Pyfrom, 19th ESC Staff Judge Advocate.

Recognizing the hard work that went into preparing for opening day, Lt. Pyfrom was unwavering in his kind and encouraging remarks to tax preparers and assistants attending the ceremony. “I sincerely appreciate your efforts in getting the Tax Center up and running. I know you've put a lot of hard work into



The Area IV Tax Center held its Opening Ceremony, February 1st on Camp Henry. Col. Terry D. Hodges, USAG Daegu, Cdr., (far left) was among those in attendance. In his address to members of the Tax Center staff, the Commander thanked them for their efforts, as well as the support that they will be providing the Area IV community throughout the tax season. — U.S. Army Photo by Kang, Hye-jin

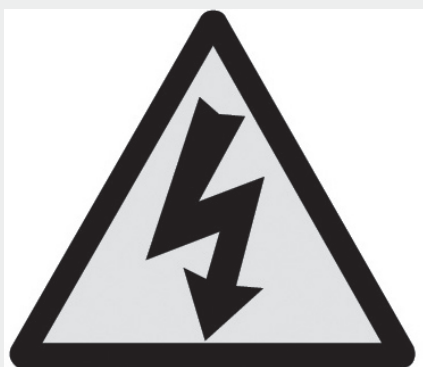
this, and now the real work begins as you begin providing other Soldiers, and family members with maximum support throughout this tax season.”

Area IV Tax Officer, Capt. Michael Herniak called the opening day event one that he has been looking forward to. “We've been preparing for this day for quite some time. I am glad that we are finally open, and I just want everybody to take advantage of our services and come in and get their taxes done,” he said.

Turning his attention to the tax preparers Col. Hodges said, “Many years ago, I was a volunteer tax assistant. I did exactly what you are about to do. I did my piece in ensuring that Soldiers and their families were taken care of. “Today, I ask that whatever you do, take pride in doing it. Continue to take pride as you assist that Soldier, that Airman, and in some cases, that Marine.”

The Tax Center hours of operation are Tuesday through Friday from 10 a.m. to 7 p.m., and on Saturdays from 10 a.m. to 3 p.m.

Power outage on Camp George scheduled for February 18



Due to a mandatory inspection by the Korea Electrical Safety Corporation (KESCO), on February 18th there will be no power at all on Camp George from 10 a.m. to 12 noon.

The emergency generator will allow elevators and outside facilities like the heating system and fire hydrants to power up right after the main power is shut off. Officials recommend, however, that during this period individuals refrain from using elevators.

Camp George residents are asked to turn off computers and other appliances prior to 10 a.m., to prevent any potential data loss. Officials said they will provide additional information before and after the outage.

The inspection, which is conducted every 3 years, is necessary so as to be in compliance with Korean Safety Regulations.

For more details, call 768-7655, 070-7436-1434 or 053-473-4662.

News & Notes

A Super Bowl party

The super Bowl party will be held at The Hilltop on Feb. 8th. Breakfast(\$5) will be served from 6:30 a.m. to 9:00 a.m. The menu is scrambled eggs, sausage and toast, and a Snack Plate. Lunch time(\$5) is from 9:30 a.m. to 1:00 p.m., providing Chicken Wings, Mozzarella Sticks, Jalapeno Peppers, and Vegetable Sticks with Ranch dressing and Marinara sauce. The Club will open at 6:00 a.m. For more information, call the Hilltop Club 764-4985.

The smartest person in Area IV game show

The smartest person in Area IV contest will be held Feb. 11 at 5:30 p.m. at Henry's Place. We are currently looking for 10 spouses & 6 - 10 LT's to compete. The Soldier or spouse with the most unit support/fans will receive \$100 in their FMWR unit account or FRG account. For more information, please call Darryl Chandler 764-4431.

Valentine's Dinner

Valentine's Dinner will be held Feb. 12th at the Evergreen Club. Tickets will be on sale Feb. 1-10. We will provide fresh mixed vegetables with raspberry vinaigrette, beef or chicken wellington, French onion soup, baked potato or rice pilaf, a medley of fresh garden vegetables, strawberry shortcake with whipped cream and a glass of wine. It is \$39.95 per couple and seating for 150 patrons is available. For more information, please call 764-4060.

Valentine's Weekend Getaway

Join us at the Camp Walker or Camp Carroll Lodge this Valentine's weekend on; Feb. 12-14 and stay for half price on one or two nights. Book all three nights (Fri-Sun) and stay the third night free. It is first-come-first-served. It does not apply to anyone on official travel (i.e. PCS, TDY), but leisure travel only. Show your Lodge registration sheet at the Evergreen Community Club and save 10% off on your meals! For reservations, call 764-5536 or 765-7722.

USAG Daegu
CYSS Baseball Registration

Register your child Feb. 1-26 at CYSS Central Registry, on Camp Walker in building 257. CYSS Baseball is open to youth, ages 3-15 yrs., \$25 for children, ages 3-4 yrs. & \$45 for youth, ages 5-15 yrs. Discounts are available for multiple children and coaches! CYSS Baseball season runs from March - June. For more information, Call 764-4859.

Sweetheart Bowling Tournament

will be held at the Walker Bowling Center on Feb. 14, 1 p.m. 1st place - Cash Prize (Based on the total number of bowlers), 2nd Place - 2 Steak Dinners at the Evergreen, 3rd Place - 15 free games of bowling. Teams must be a couple (male & female, husband & wife, mother & son, etc). Entry fee is \$30 per team.

USAG Daegu acknowledges Black history month

By Mary Grimes
USAG Daegu Public Affairs

This year's theme for African American History Month highlights the enterprise and entrepreneurship of African Americans both past and present who helped strengthen, influence, change our nation and in many cases, the world. Listed below are just a handful of African Americans and their patents and/or inventions that made such contributions. You are encouraged to research and find out more about their amazing achievements. You will be amazed at your discovery.

Marie Brown	The first video home security system
Joseph Winters	The fire escape ladder (1878)
Donald Cotton	Propellants for nuclear reactors
Sarah Goode	The first African American woman to receive a U.S. patent (1885/a cabinet bed)
Lolyd Augustus Hall	Developed a process for curing salts for the processing/preserving of meats.
John Thompson	Lingo programming used in Macromedia Director and Shockwave
William Purvis	Invented and patented improvements to the fountain pen
Charles Drew	Created the system for the preserving /storing of blood plasma (blood bank)
David Crosthwait	Best known for creating the heating system for New York's famous Radio City Music Hall, and Rockefeller Center
John Albert Burr	Patented and improved the rotary blade lawn mower
Bessie Blount	A physical therapist...patented a device that allowed amputees to feed themselves (1951)
Richard Spikes	Automatic car washer, beer keg tap, automatic directional signals, automatic safety brake
Jerry Shelby	NASA engineer, invented an engine protection system for recovering a rocket booster
Janet Emerson Bashen	The first African American female to hold a patent for a software invention-- "Method, Apparatus and System for Processing Compliance Actions over a Wide Area Network"

Black history month in pictures



Founded in 1886, Ebenezer Baptist Church is a center for African American leadership and worship in Atlanta, Ga. Dr. Martin Luther King, Jr. began his ministry in this facility, and became a monumental voice through his pulpit sermons. The SCLC (Southern Christian Leadership Conference), a non-sectarian agency, founded by Dr. King and others in 1957, also began at Ebenezer. Designed to assist local organizations committed to achieving equal rights for African Americans, the SCLC held voter-registration drives, conducted leadership-training programs, and numerous education programs for citizens. SCLC played a major role in the historic March on Washington in 1963 and in the campaigns to urge passage of the Civil Rights Act of 1964 and the Voting rights Act of 1965. — photo by Mary B. Grimes



Coretta Scott King, wife of Martin Luther King, Jr. died January 30, 2006. The photographer traveled from Northern Virginia to Atlanta, GA and back in a single day, to pay respect to Mrs. King. The photo is of Mrs. King's temporary mausoleum. Later, she would be placed in a crypt next to her husband, Martin Luther King, Jr., at the King Center which she had built to carry on his memory. — photo by Mary B. Grimes



The white marble crypt of Dr. Martin Luther King, Jr., sits on a circular brick pad in the center of a reflecting pool. The crypt is located at the King Center in Atlanta, Ga. Refurbished in 2006, the crypt is now a double crypt containing the remains of both Dr. King and his wife, Coretta Scott King. — photo by Mary B. Grimes

Good Neighbor event unites Korean and U.S. cultures

By Gu, You-jin
USAG Daegu Public Affairs Intern

DAEGU — More than 60 U.S. Soldiers, and Korean Students from Daegu’s Yongnam Technical High School, united in support of the recently held 2010 BOSS Conference on Camp Carroll. The Korean Community Support Day Program gave faculty members and students an opportunity to share their Korean culture and traditions with the Soldiers.

In his welcome message to the visiting Soldiers, Youngnam School President Sunyoon Heo said, ““This is a time when we can understand the importance of being able to understand a foreign language. This day allows us a chance to have a positive mutual exchange and experience through the Good Neighbor Program. I believe this kind of experience allows faculty and students a chance to promote greater understanding between the U.S. and Korea. This event helps pave the way for our students to enjoy success in the future.”

To show their appreciation to the visiting U.S. Soldiers, the high school designed T-shirts bearing the faces of the Soldiers that participated in the event. The high-quality shirts received high praise from one proud recipient, 2nd Infantry Division Soldier, Pfc. George Chandler of who said, “It is interesting to see how much went into producing this dye fabric. The teachers and students explained the process of making the shirts, and I really learned a lot from them. They are really kind.”



PV2 Ricky Flores, USAG Daegu Transportation, receives instructions from teachers at Youngnam technical Highschool on the art of natural dyeing fabrics. Flores was among the nearly 30 soldiers to take part in this “Good neighbor” effort hosted by Youngnam technical Highschool. — U.S. Army Photo by Gu, You-jin

With T-shirt gifts in hand, the visiting Soldiers were treated to a Korean meal, followed by a game of Yoot, a traditional Korean chess game. The experience for Pfc. Jennifer Howard from K-16 Airbase, was one she won’t soon forget. Said

Howard, “My team won, and that was great. I spent a great deal of time playing Yoot and I really enjoyed it. When I get back to the U.S., I will tell my family about my experience here, and share with them how nice today was.”

As the Good Neighbor event came to a close, Heo said to the students and the Soldiers, “This was a great day. It definitely contributed to building mutual understanding and cooperation between our U.S. friends and allies.”



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MR. CHOE

from Page 25

changes have been tremendous across the board. Things such as installation facilities have either been upgraded or a new building has been constructed, and military units have changed either in their structure or their mission support needs. A great change is in the kind ways in which Koreans are now treated-- compared to the old days.”

As the benefactor of numerous awards, Choe said that he has known firsthand of that kindness. “Over the years, I’ve been presented more than 80 awards from the U.S. Army. I’m very proud of the awards, and I’m especially proud of those who recognize my efforts. I can honestly say that I have always been proud and satisfied with my job. I believed that I should work hard

because USAG provided good benefits for me and other employees. So, the awards I received represent a strong sense of pride and accomplishment,” Choe said.

Leaving no memory unearthed, Choe said that the years also brought him challenges that were hardly unforgettable. Said the transportation specialist, “One of the biggest challenges for me was whenever employees would do something wrong, because of my position I would sometimes find myself in an embarrassing situation. I would be sandwiched between supervisors and employees. That is a terrible position to be in because it’s almost impossible to be strong for either side. As I remember, that was always a big challenge and a very difficult position for

me or anyone to be in.”

Fast approaching his February retirement date, Choe is now in what some might call a very good position—one that will allow him time to do more of those things his heavy work schedule often prevented. “As you can imagine, there are many things that I’d like to do, but my health doesn’t permit me to do them. I used to be a president for the Chilgok County Taekwondo Association. I served in that capacity for eight years. I think I’d like to go to more games and support the sporting events,” stated Cho.


Upbeat, and gracious, Cho said that while he may not have anything specific planned for his retirement at this time, he is leaving the USAG family with

mixed emotions. He said, “I have had an opportunity to travel to so many places... not just Korea, but to places like Los Angeles, Las Vegas, Hawaii, and a number of Southeast Asian countries. I have three children and five grandchildren. “Laughingly Choe added, “I’m not sure how my family really feels about my retirement, but they probably won’t like me be around the house all day.”

Regaining his composure, the retiring Cho said that he has no regrets about his many years of service. He simply stated, “I guess I have the longest career of anyone working at Camp Carroll. I believe I gave my best. The only advice I would leave to those who remain is to always do your best. Just always do your best.”

AREA IV Job Opportunities


ANNOUNCEMENT NUMBER APF US CITIZEN POSITIONS	VACANCY	GRADE	LOCATION	CLOSE DATE
	<u>Camps Henry, Walker</u>			
KOEZ10013135	Contact Representative	GS-5/7	168th Med Bn	Feb. 5
KOEZ10006546	IT Specialist (CustSpt)	GS-11	169th Sig Co	Feb. 5
KOEZ10034684	Supv Logistics Mgt Specialist	GS-14	403rd Spt Bde	Feb. 5
KOEZ10999463	Administrative Support Asst	GS-7	19th ESC	Feb. 8
KOEZ10006527	IT Spec (Network)	GS-12	6th Sig Cen, TNOSC	Feb. 9
KOEZ10038485	Supv IT Spec (Plcypln/Network)	GS-12	403rd Spt Bde	Feb. 9
KOEZ10006599	IT Spec (Network)	GS-12	293rd Sig Co	Feb. 10
KOEZ10999900	Logistics Mgt Spec (Instructor)	GS-11	19th ESC, Spt Ops	Feb. 12
KOEZ10013127	Engineering Tech	GS-11	USAG, DPW	Feb. 15
KOEZ10012913	Supv inventory Mgt	GS-12	19th ESC, Spt Ops	Feb. 15
	<u>Camps Carroll</u>			
KOEZ10990316	Family Readiness Program Asst	GS-5	2-1 ADA Bn	Feb. 5
For more information, contact Employment Readiness Program Manager, Steven Wegley at 768-7951				



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이루지 못한 꿈을 군에서 이루다: 2전투항공여단의 데이비드 니븐스 이병

상병 마주호

2 전투항공여단 공보실

캠프 험프리스 - 2전투항공여단 본부중대의 보급실에서 일하고 있는 데이비드 니븐스 이병은 다른 사람들에게 군대에서의 생활에 대해서 조언을 해주기에 가장 적절한 사람은 아닐지도 모른다. 아직 18살의 어린 나이에, 첫 자대에 배치받은 지 이제 갓 2달이 된 그이기 때문이다.

하지만 그럼에도 불구하고 함께 보급실에서 일하고 있는 동료 개리 월렌벡 이병은 그가 매우 훌륭한 군인이라고 칭찬했다. “그는 비록 여기 온지는 얼마 되지 않았지만, 항상 열심히 일하고 선임들과 동료들에게 많은 것들을 배우려고 노력하고 있습니다. 저는 그가 훌륭한 군인이 될 수 있을 것이라 믿어 의심치 않습니다.”

니븐스 이병은 고등학교를 졸업하고 지난 2009년 6월 16일 육군에 입대했다. “솔직히 말하자면 (입대하는 것이) 제가 항상 꿈꾸던 것이라고는 할 수 없었습니다. 저는 대학에 진학해서 계속 공부를 하고 싶었지만 어머니께서 지원을 해주지 못할 것이라 하셨기 때문에 입대하는 것 이외에는 선택의 여지가 없었습니다.”

기본 군사 훈련과 주특기 훈련을



모두 마치고, 니븐스 이병은 지난 11월 17일 험프리스 기지에 도착해 2전투항공여단의 소속이 되었다. 이때까지만 해도 군대에서의 생활은 그가 생각했던 것만큼 어렵지는 않았다고 한다.

“저는 오히려 훈련소 시절이 재미 있었습니다. 물론 힘들기도 했지만 그만큼 재미있는 일들도 많았고, 저는 그 곳에서 아주 즐거운 시간을 보냈습니다. 훈련소는 저에게 아무런 문제가 되지 않았습니다.”

하지만 한국에서의 생활, 그리고 자대에서의 생활은 그렇게 호락호락하지만은 않았다. “여기 한국에서의 생활도 물론 아주 재미있고 즐겁지만,

여러가지 신경써야 할 것들이 많아서 조금 힘든 점들이 있습니다. 하지만 열심히 노력하고 있고, 또 점차 나아지고 있습니다.”

다른 많은 젊은 병사들처럼, 그 또한 그의 친구들과 함께 밖으로 나가 어울리는 것을 좋아한다. 그는 “아마 그래서 아침에 일어나는 것이 힘든 것 같다”며 웃으며 말했다. 하지만 그는 아직까지 아무런 문제 없이 잘 생활해 왔다.

“많은 병사들이 특히 한국에 와서 음식과 관련해 많은 문제를 일으키고 있는 것이 사실입니다. 하지만 저는 그들이 올바른 결정을 내릴 수 있리라 믿습니다.” 그리고 그 또한 아직

이루지 못한 꿈을 이루기 위해 앞으로 전진하고 있다.

“저는 입대하기 전부터 늘 대학에 진학하고 싶었기 때문에, 군대에 있는 동안 여러 온라인 대학 강좌들을 들어볼 생각입니다. 꼭 하고 싶었지만 기회가 없어서 시도해 보지 못했던 저와 같은 사람들에게는 아주 좋은 기회라고 생각합니다.”

텍사스 주의 오스틴에서 자란 그는 아버지 없이 어머니와 세 누이와 함께 살면서 경제적으로 어려운 시기를 보내기도 했다. 하지만 니븐스 이병은 어린 시절 겪었던 그러한 경험들이 스스로 자립할 수 있는 힘을 주었다고 생각한대며, “그러한 경험을 통해 더욱 강해졌기에, 그것이 꼭 나쁘지만은 않은 경험이었던 것 같다”고 쾌활하게 말했다.

니븐스 이병은 “입대한 이후로 스스로가 많이 변한 것 같지는 않다”며 덤덤하게 말했지만, 그는 그 자신은 물론이고 그의 가족들까지 책임지고 있는 훌륭한 청년으로, 그리고 책임감 있는 군인으로 성장했다. 그리고 지금 내딛은 그의 작은 한 발이, 이제 이루어지기 시작할 그의 꿈과 함께 그를 기다리고 있는 무궁무진한 미래로 이어질 것이다.

화재 예방은 모두의 책임

알렉시아 카터

USAG-Humphreys 공보실

캠프 험프리스 - 새해 들어 두 건의 주방 화재 사건이 있었는데, 험프리스 부대 소방서장 앤소니 마라 (Anthony Marra) 의 말에 따르면 이 화재들은 2009년 네 건의 주방 화재들처럼 방치된 요리 기구들이 문제였다고 한다.

“주방에 있는 사람들은 사소한 사항에 대해서도 주의를 기울여야 합니다. 일하러 갈 때 하는 일에 주의를 기울이는 것처럼 요리를 하는 것도 마찬가지입니다. 나는 요리를 할 때에는 다른 일을 하지 말라고 하고 싶습니다.”고 마라는 말한다.

주방 화재는 누군가가 숟가락이나 팬 등을 방치한 상태로 불이 켜진 조리기에 놓아서 발생한다. 팬에 있는 오일의 온도가 올라가서 타기 시작하면서 결국 화재가 생기는 것이다.

배력에서 요리를 제대로 하기 위해서는 이렇게 해야 된다고 마라는 말한다. “우선 요리를 하고, 이를 끝마친 후에, 모든 기구들을 끄고, 그런 다음에 방으로 돌아가야 합니다. 하지만 그냥 방에 돌아가서, 주의가 산만해지면, 바로 불이 나는 겁니다.”

대부분의 시설들에는 불을 빠르고 효과적으로 끌 수 있는 스프링클러 시스템이 있다. 그러나, 불이 꺼진다고 해도 다른 문제들이 생길 수 있다.

화재 발생 후에는 몇 주 동안이나 악취가 남아있을 수 있다. 연기는 알레르기가 있는 사람들을 자극할 수도 있고, 스프링클러는 물에 의한 피해를 입힐 수 있다.

부대에서는 소방서에서 도착하기까지 약 8분 정도 걸리는데 그 동안 스프링클러는 900L이상의 물이 이미 뿌려진 후이다. 만약 이 물이 엘리베이터에 도달한다면 큰 피해를 입힐



수 있다. 또한 연기는 벽에 그을린 자국을 남길 수 있다.

미 화재 예방 협회 (www.nfpa.org)에 따르면, 주방에서 발생한 화재가 미국 내의 화재의 40%나 차지한다고 한다. 매일 8명이 주방 화재로부터 죽거나 심각한 부상을 입는다.

마라는 모두에게 안전한 요리 습관을 가질 것을 권고했다.

“요리 중 발생하는 화재는 예방할 수 있습니다. 사람들은 다른 일을 하기 전에 요리에 먼저 집중해야 할 것입니다.”

화재나 응급 상황 발생 시, 다음 전화번호에 전화를 하기를 바란다. 부대 내에서는 0505-753-7911이나 핸드폰으로는 031-690-7911, 부대 밖에서는 119이다.